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Ottawa metro

THE POST-HUMANITY
OF EX MACHINA

metroLIFE



Your essential daily news | WEEKEND, APRIL 24-26, 2015

High 9°C / Low 0°C Cloudy



A budding business

An employee tends to marijuana plants at the Hydropothecary in Gatineau, Quebec in October 2014. It's the first licensed medical marijuana production facility in the province — all it needs is a license to sell. Story, metroNEWS. CONTRIBUTED

Watson toasts transit trifecta

POLITICS

**Mayor says
announcement
is good news
for light rail**



**Steve
Collins
Metro | Ottawa**

Mayor Jim Watson cheered increased transit funding,

announced in Thursday's provincial budget as the third bit of good news this week for Ottawa's light rail expansion.

Ontario Premier Kathleen Wynne and Finance Minister Charles Sousa announced \$31.5 billion over 10 years in transit funding for the province, with about half of that going to the Greater Toronto Area.

Tuesday's federal budget also contained new transit funding, and on Wednesday the NCC approved revised plans for the city's

westward LRT expansion.

"You can well imagine how pleased I am with the progress that we've seen on transit needs just this week alone with those three announcements," Watson said after the provincial budget speech.

Premier Wynne has been clear about her support for stage two of LRT for quite some time, and I am very pleased to see Ottawa formally recognized in the budget document."

Ottawa's LRT line, Watson

You can well imagine how pleased I am with the progress that we've seen on transit needs just this week alone.

Mayor Jim Watson

said, is the most ambitious infrastructure project here since the construction of the Rideau Canal in the 19th century, and requires all levels of government pulling together.

"The amazing feats of engineering and construction should

ing for power."

Watson was also happy to see no significant changes to the province's uploading of spending from municipalities, which he said will add \$4.7 million to the city's coffers next year and about \$100 million total by the time the agreement runs its course in 2018.

And the gradual rollout of beer in supermarkets?

"Just do it; we've been talking about this since David Peterson's day," Watson said.

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Your essential daily news

Oil industry blamed for quakes in inland states. **Business**

IN BRIEF

Police arrest woman after road rage stabbing

A tip from the public has led Ottawa police to lay charges against a man and woman in relation to a road rage incident last week that left a man with stab wounds.

During last week's Monday rush hour, a 37-year-old driver of a pickup was stabbed in the arm, possibly with a knife, after he got involved in a road rage incident between a cyclist and people in a Toyota on Rideau Street.

Police say the victim saw an exchange between the female cyclist and those in the vehicle and eventually intervened.

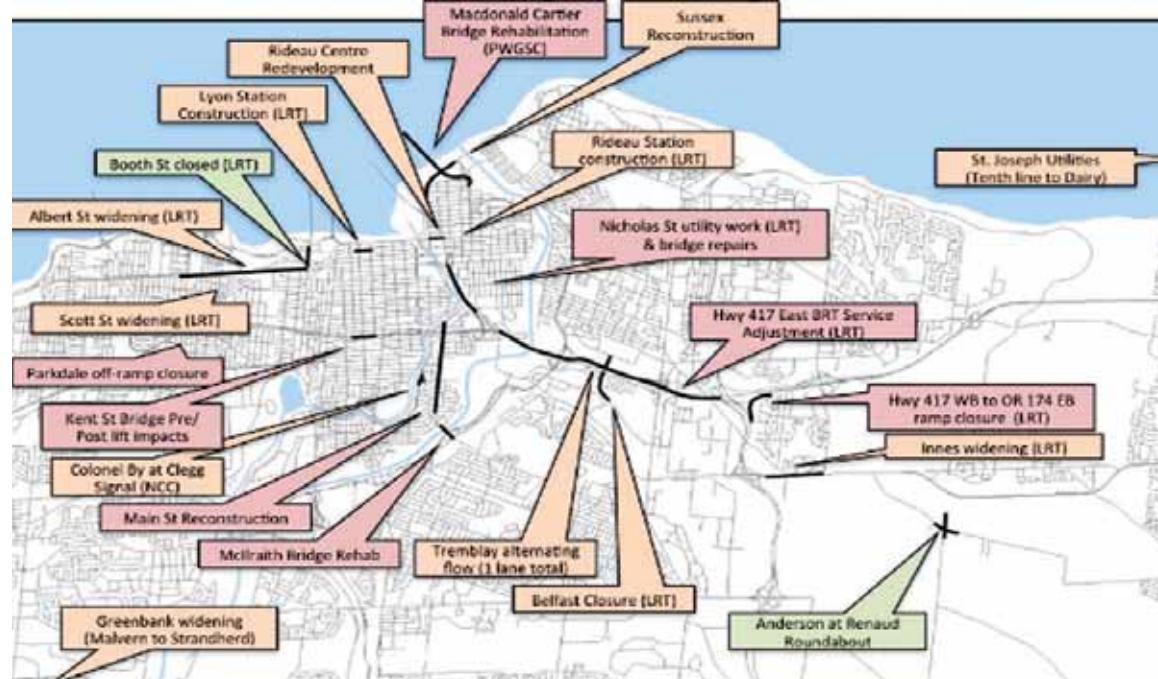
Police say the truck and Toyota eventually stopped in a nearby parking lot at the intersection of King Edward Avenue.

A dispute broke out, and, according to police, the passenger in the Toyota stabbed the truck driver.

As the suspect left, he then allegedly used a tool to damage the door post on the truck's passenger side. The victim was taken to hospital with non-life threatening injuries.

The public tip led police to identify a vehicle involved in the incident.

Gabriella Maiorani, 20, was charged with assault with a weapon. Police are still seeking the arrest of a second suspect. Cody Chauvin, 26, is facing charges of aggravated assault, possession of a weapon and assault with a weapon. METRO



Drivers in the downtown core will feel the effects of construction season this year. In the map above, the red boxes represent the more severe construction spots, while the green and orange represent less severe situations. CITY OF OTTAWA

Forecast: Road work

COMMUTING

Core to see most of summer construction

Commuters travelling to the cottage this summer can expect a smoother ride down Highway 417 as the road-widening project wraps up. But downtown drivers will face the brunt of construction snags this year.

The City of Ottawa is warning commuters to prep for another

busy construction season, as the Light Rail Transit (LRT) project, road surfacing, sidewalk repairs and pipe replacements ramp up.

That will mean traffic delays in some parts of the downtown core, with the worst of it on Main Street. Because city crews will be digging up the sewer and water pipes, drivers can expect 15- to 30-minute wait times.

The work will be "short-term pain for long-term gain," said Knoxdale-Merivale Coun. Keith Egli, who chairs the transportation committee, at a technical

briefing on Thursday.

"It's an exciting time for Ottawa, for all residents," he said, speaking about the LRT. "The future of transit is here."

Commuters will start to feel the construction impacts for the LRT after the Transitway shuts down from Blair to Hurdman stations on June 28. It will remain closed until the project's first phase, the Confederation Line, opens in 2018.

While drivers will see road-work shift from the Queensway to the downtown core,

Highway 417 is not free from all construction.

The ramp at the westbound Highway 417 to the eastbound road 174 will be shutdown to accommodate buses redirected from the Transitway closure.

The Queenway will be running with an additional lane by this summer. All construction — including lighting work in the median, the Hurdman Bridge and noise barrier installations at Nicholas street — will be completed by the fall.

JOE LOFARO/METRO

SEXUAL ASSAULT

Man arrested for 2014 attack

Ottawa police have arrested a man in connection with the sexual assault of a female sex worker last October.

The incident happened on the evening of Oct. 8, 2014 in Vanier, according to police.

Police say the victim was dropped off in the area of Montreal Road, Lafontaine Road, Mona Avenue, and McArthur Avenue between 6:30 p.m. and 7:30 p.m.

At the time, investigators were looking for the man who dropped her off in a late model black sports coupe with a rear spoiler.

On Wednesday, the Ottawa Police Service Sexual Assault and Child Abuse Section arrested Derek Boudreau, 37, of Ottawa and charged him with one count of sexual assault and one count of assault causing bodily harm.

He appeared in court following his arrest and will return to court on April 29, 2015.

Anyone with information is asked to contact the Ottawa Police Service Sexual Assault/Child Abuse Section at 613-236-1222 ext. 5944.

Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 or by downloading the Ottawa Police iOS app.

JOE LOFARO/METRO



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Insecticide used at Charles H. Hulse sprayed in other schools

CONCERN

No long-term health effects from exposure, official says

Haley Ritchie
Metro | Ottawa

The Ottawa-Carleton District School Board said Thursday morning that two more schools were sprayed with an insecticide that closed an elementary school earlier this month.

The Adult High School and Rideau High School were both sprayed earlier in the year to deal with cockroaches. There were no complaints of symptoms at Rideau, but two staff members made complaints after the spray was used in the cafeteria of the Adult High School.

Charles H. Hulse Public School was closed April 16 after



Vera Etches, associate medical officer at Ottawa Public Health, says it was the solvents in the insecticide that caused the symptoms at Charles H. Hulse. HALEY RITCHIE/METRO

a bad smell caused headaches, itching and watery eyes among some staff members and students. Classes have been relocated to the empty Parkwood Hills building.

"We are terribly sorry for any pain and suffering the situation has caused, we en-

courage families to make sure they are seeking medical attention for any children affected," said principal Vivian Petrie on Wednesday.

The board is currently working on compiling a list of other schools where insecticides have been used.

"We did not approve the use of the pesticide," said associate director of education Norah Marsh.

Multiple agencies, including the Ministries of Environment and Labour, Public Health Ontario and Health Canada have gotten involved in the investigation.

"The results of the sampling will be considered as part of the ongoing investigation as to whether there was a violation of the Pest Control Products Act," said a statement from Health Canada.

Vera Etches, the city's Associate Medical Officer of Health, clarified Thursday it was the solvents in the insecticide, not the chemical itself that caused the symptoms.

"The picture just isn't adding up for toxic exposure," she said. "There is no toxic environment in the school due to a pesticide."

Etches said the insecticides had been used for years with no complaints, but Public Health

+ HAZARD

Chemical used in schools recommended to be phased out:

There were two insecticides used at Charles H. Hulse that included the chemical Propoxur.

While legal for use in Canada, Propoxur was re-evaluated by Health Canada in 2014 and it was recommended that its use in residential areas be phased out.

The change allows for a two-year waiting period so that products with out-dated labels can still be used.

"Rentokil complies with all current regulations and labeling procedures for the application of any pest control material at any location," said Glenn R. Boyet, a spokesperson for Rentokil, who was contracted to spray the insecticide in OCDSB schools.

does have guidelines that encourage the chemical used as a last resort.

Instead, schools are instructed first to deal with pests by removing food and debris, blocking entrances for insects and monitoring the situation before calling in a licensed pest removal company.

"What we're looking at doing is if there's a solvent

there that's causing an odour and irritation then that is removed," she said. "We continue to want to address the problems."

Etches said that there are no long-term health effects caused by the kind of exposure to the solvents that took place at the school, but encouraged parents with concerns to contact Ottawa Public Health.

ADVERTISING FEATURE


TURKISH ASSOCIATION OF CANADA

We are in a decade of centenaries: the First World War, Gallipoli War, dissolution of Empires such as the Ottoman Empire. This period of the history is marked with common pains and sufferings for all humanity. A centenary must be enough to overcome challenges inherited from history with a mutual compassion. 2015 can be an opportunity to start a new page of reconciliation and dialogue as long as mutual desire and intention exist to this end.

We, as Turkish Canadians, share the sufferings and pain of all including that of Armenians in 1915, and hope for the same from all.

We believe that it is a right time to look at the future with a common understanding and dialogue in order not to be taken hostage by certain historical narratives.

Canada, with its special and unique heritage in the world as a multicultural country can be the right place to start this dialogue towards peace.

We can understand each other. We share an 800 years-old common history of peaceful co-existence in a geography which has been the cradle of civilizations since the beginning of the history.

We can re-establish friendship and contemplate a future together if we do not allow third parties to be involved in our common past to serve their own political agenda.

If we wish to open new paths into hearts and minds, we should not extract hatred from the history that has not been properly studied, clearly enlightened with an objective consensus and has not been judged by the competent international judicial bodies.

Let us leave a legacy of friendship to next generations. Let our children in Canada grow in peace and harmony.

EMERGENCY

Vehicle crashes into west end car wash

A 24-year-old man was hospitalized after jumping out of the way of an out-of-control car that crashed into the Tops Car Wash on Richmond Road Thursday afternoon.

Paramedics responded to the west end car wash just after 12:30 p.m. and treated three people.

The 24-year-old was an employee who injured his back and hip. He was sent to hospital in stable condition.

A woman in the garage at the time of the collision suffered minor back injuries after being pushed out of the way of the vehicle, which struck a frame wall. She is in stable condition.

Paramedics treated the driver of the vehicle, a 37-year-old man, for chest injuries and is in stable condition in hospital.

Ottawa Fire Services responded to the collision and Ottawa police are investigating.

JOE LOFARO/METRO
MORE ONLINE metronews.ca

CRIME

Police link man to second robbery

A Gatineau man who was arrested for robbing a convenience store back in February has been linked to another robbery that police say happened a month before.

Police say in the February incident the male suspect entered the Olympique corner store on Feb. 17 at 8:30 p.m. armed with brass knuckles and demanded cash from the store clerk.

The clerk followed his demands and the suspect fled the scene in a car heading south on Boulevard Lorrain.

Police scanned the area and located the suspect vehicle near a library on the same boulevard. They arrested him at the scene.

Police identified the man as Israël Beaudry, 28, and charged him with various offences including robbery, wearing a disguise, possession of a firearm while committing a criminal offence, and possession of a prohibited weapon.

Police said Beaudry was responsible for a Jan. 31 robbery at an ATM on 1205 rue de Neuville in the Masson-Angers region.

On Wednesday, Beaudry pleaded guilty to two counts of robbery. He was sentenced to three years behind bars.

Police thanked the public for their assistance in the investigations.

JOE LOFARO/METRO

HEALTH

Free fitness passes

If you've ever wanted to try Zumba or Bootcamp classes for free, now is the time.

The City of Ottawa is offering free passes to city fitness facilities and classes during the Try It! campaign which runs from April 27 to May 3.

The free passes can also be used for aqua-fitness, cycling, group fitness classes, or for

access to city fitness centres.

Free membership access cards can be picked up at these and other locations: Bob MacQuarrie Recreation Complex, Francois Dupuis Recreation Centre, Pinecrest Recreation Centre, Plant Recreation Centre, Walter Baker Sports Centre, Kanata Leisure Centre.

JOE LOFARO/METRO

PROVINCIAL BUDGET

Liberals unveil their \$130M spending plan

Supermarket beer sales and a sell-off of Hydro One will help fuel Premier Kathleen Wynne's massive ten-year, \$130-billion infrastructure push.

Finance Minister Charles Sousa used his budget Thursday to tout that Wynne's Liberals — re-elected last June with a majority — are "building Ontario up" by finally addressing the need for transit, highways, bridges, waterworks and hospitals.

"This will be one of the largest infrastructure investments in Canada since the Last Spike was driven, completing the Canadian Pacific Railway," Sousa told the legislature as he tabled a \$131.9-billion spending plan with an \$8.5-billion deficit.

Saddled with a budget shortfall he hopes to eliminate in 2017-18 — in time for the October 2018 provincial election — Sousa said average annual increases on health and education would be limited to 1.9 per cent and 2 per cent respectively over the next few years.

Overall spending on other services — except justice and children and youth services — will be cut by 5.5 per cent, though no public-service jobs

will be eliminated. But interim Progressive Conservative Leader Jim Wilson, whose party has long called for more austerity measures, said the Liberal spending spree is not sustainable, noting "interest on the debt is the highest growth area in this budget — an average annual increase of 5.7 per cent."

"That's higher than education, higher than on health and yet there's no plan to deal with the debt. It's just going up and up," he told reporters in the budget lock-up.

TORSTAR NEWS SERVICE

HIGHLIGHTS

- \$130-billion budgeted for infrastructure over 10 years.
- Budget projected to be balanced by 2018
- Beer to be sold in 450 supermarkets
- New three-cents-a-litre beer tax starts in fall
- 60-percent sell-off of Hydro One
- Insurance discount on motorists who use snow tires

FESTIBIÈRE DE GATINEAU

Organizers hope to make adult beverages family-friendly

Haley Ritchie
Metro | Ottawa

While the grown-ups are sipping Quebec craft brews, kids at the fifth annual Festibière de Gatineau will be able to do their own drink and food pairings with spruce beer, root beer and ginger ale.

Festival president Mario D'Eer said he's proud to be welcoming families to the festival, which takes place May 29 to 31 in Jacques-Cartier Park.

"It's creating a welcoming ambiance like in Belgium, where my father came from. Drinking there is more of a family activity. So we wanted to develop a model like that for the festival, and it's working well," he said.

The festival is free for those



Mario D'Eer enjoys a cold beer after presenting the line up for 2015's Festibière de Gatineau. ANDRZEJ TERRENCE/FOR METRO

under 17 and kids will be able to play in inflatable structures, climbing towers and educational booths.

There will also be plenty of activities for adults, with more than 360 different beers available to try and 40 different

microbreweries, cideries and wineries in attendance.

"The way Quebecers relate to beer is not the same as Ontarians, the choice of beer is not the same," said D'Eer. "Quebec is really a beer paradise."

He said as the festival has

grown with word of mouth, more Anglophones are coming across the river to partake in the different options they may not have access to at the LCBO or the Beer Store.

"We like to share," he said. "It's all about word of mouth and bringing friends."

The winter version of the festival this past year included Granville Island Brewing, Le Trèfle Noir, Le Prospecteur and Beau's among a variety of other participating breweries.

Part of the celebration this year is the 25-year anniversary of the Quebec Association of Microbrewers.

The association will be in attendance to promote Quebec beers and their impact on the local economy.

The big music names attending year include top 40 group Down with Webster and Quebec artists Karim Ouellet and Misteur Valaire. The names of more artists will be released closer to the festival date.

A dozen food exhibitors will also be set up, along with workshops on beer-tasting and pairing beer and cheese.

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Mike Bulthuis, executive director of the Alliance to End Homelessness Ottawa, presented results of a survey of Ottawa's homeless and a "call to action" to help them get housing on Thursday. STEVE COLLINS/FOR METRO

Homeless survey reinforces need

FINDINGS

75% say they were homeless for at least six months


Steve
Collins
Metro | Ottawa

A survey of Ottawa's homeless released Thursday offered a demographic snapshot of the vulnerable population as a first step to finding more of them housing.

The Canadian Alliance to End Homelessness presented its findings as part of the 20,000 homes campaign, named for the number of people across Canada they hope to house by Canada Day 2018.

From April 18 to 21, teams of volunteers talked to 461 homeless people in Ottawa at 30 locations, including shelters, drop-in centres and other community agencies. Participants were interviewed for 10 to 15 minutes, and some were photographed and videotaped. "We wanted not just to get to know their names and their stories, but to capture some

+ BY THE NUMBERS

Some of the findings of the Alliance to End Homelessness survey:

- 461 people surveyed.
- 345 (75%) homeless for 6 months or more; 300 (65%) homeless for 1 year or more; average time spent homeless: 3.7 years.
- 71% male; 25% female;

4% trans/other.
— 140 (30%) aboriginal;
128 (28%) youth (aged 16-25); 39 said they'd served in the Canadian Forces.
— 191 (41%) reported being attacked or beaten up; 101 (22%) had been in jail or prison in the past six months.

of the faces and the voices and the words of those who are homeless," said Mike Bulthuis, executive director of the Alliance to End Homelessness Ottawa.

Deputy Mayor Mark Taylor said over 6,500 people used Ottawa's emergency shelters last year, and he cited Alliance figures that homelessness costs the Canadian economy \$7 billion a year.

In just one illustration of those costs, the 461 survey respondents reported a total of 828 ER visits between them in the past six months, and 498 ambulance trips.

Coun. Diane Deans, chair of the city's community and protective services committee, welcomed the data.

"As a result of these surveys, we will be better able

to understand who the people are in our community experiencing homelessness and hopefully in turn we will be more able to meet their needs," she said.

She also invoked the memory of Father Joe LeClair, pastor of Blessed Sacrament before his 2014 convictions for theft and fraud, in urging people not to ignore the vulnerable.

"One of his personal missions was to ensure that we not dehumanize other human beings," she said, "and he liked to tell his parishioners when you see someone homeless on the street, don't cast your eyes away. In fact, look into their eyes, because when you look into the eyes of the homeless, you will see the face of God."



Duffy's bill for makeup disallowed

FRAUD TRIAL

Services of cosmetic artist called personal expense

A senior Senate official says she rejected Mike Duffy's \$300 claim for a makeup artist's services six years ago because it was a personal — not a parliamentary — expense.

Nicole Proulx, head of the Senate's finance directorate at the time, testified at the suspended senator's fraud trial on Thursday that the "uniqueness" of the March 2009 expense claim prompted an employee to bring it to her attention.

It appears Proulx had no difficulty deciding whether the services of professional makeup artist Jacqueline A. Lambert — provided for a photographic shoot of Duffy's official Senate portrait — qualified for reimbursement.

"My reaction was 'no,'" Proulx said under questioning by Crown prosecutor Jason Neubauer. "It was personal."

Proulx, now the Senate's chief corporate services officer, said she then contacted Duffy's office to explain why it was not considered an appropriate expense.

Proulx recalled that she spoke with a member of Duffy's staff and asked "if she would pass on the information to Sen. Duffy so he would consider paying it himself."

"I was told no, that Sen. Duffy wanted to pursue this."

Proulx subsequently sent an

April 9, 2009, letter to Duffy saying the Senate finance directorate is required to ensure claims and supporting documentation conform with rules and policies prior to reimbursement.

As a result, the directorate did not have the authority to process the invoice and returned the original material to Duffy.

The senator was advised he could ask the standing committee on internal economy, budgets and administration to consider the matter — something Duffy apparently took steps to do but ultimately opted against.

Duffy has pleaded not guilty to 31 charges of fraud, breach of trust and bribery concerning his Senate expense claims.

The minutiae of the contractual paperwork Duffy filed during his initial years in the upper chamber continued to hold the spotlight at the trial Thursday.

Neubauer walked Proulx through the details of a series of Duffy's contracts for editorial services.

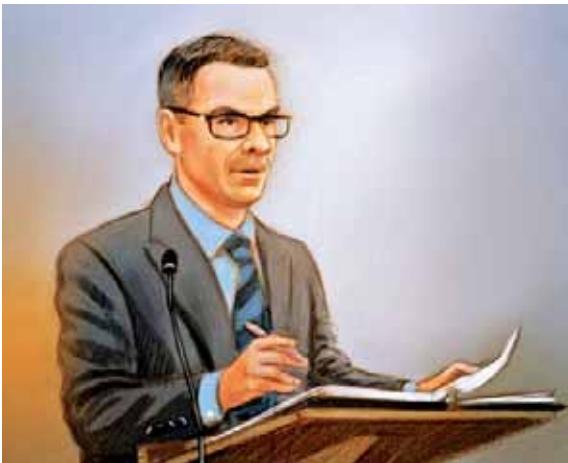
Some of the criminal charges Duffy faces involve \$65,000 in contracts awarded to friend Gerald Donohue.

Some of that money later wound up in the hands of others through Donohue's companies.

Previous testimony at the trial indicates Lambert was among those paid with these funds — in her case to do Duffy's makeup before a television appearance with Prime Minister Stephen Harper.

The defence has argued that while there might have been some administrative errors, Duffy's contracts with Donohue involved legitimate Senate expenses.

THE CANADIAN PRESS



Crown prosecutor Jason Neubauer questions a witness at the Mike Duffy trial in Ottawa, Thursday.

GREG BANNING/THE CANADIAN PRESS



GLOBAL DEVELOPMENT VISITORS FLOCK TO TRAVELLING TRUCK Visitors at the travelling Together Truck Exhibition use an interactive device to explore the benefits of global development, which is the underlining theme of the exhibit. The truck made the first stop in Ottawa at the Delegation of the Ismaili Imamat. ANDRZEJ TERRENCE/FOR METRO

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**Lucy
Scholey**
Metro | Ottawa

The faded sign off a West Quebec road still points to an old garden centre.

But the greenhouses at the end of the peninsula in the Masson-Angers neighbourhood of Gatineau no longer grow the kind of plants your average gardener buys in spring.

The former Botanix-Aux Jardins de La Pointe now houses

the Hydropothecary, a small-but-growing medical-marijuana production plant. It's the first of its kind in Quebec.

"We get at least two or three cars showing up a day, saying, 'Where do we get our flowers?'" said Adam Miron, who co-founded the company with his brother-in-law Sébastien St-Louis.

The Botanix's former owner, Louis Gagnon, still lives in the red-brick house on the 80-acre site. He's now a partner and the master grower with the Hydropothecary.

With a team of 15 employees, the company finished its first harvest last fall after receiving a Health Canada licence to grow marijuana. The 100 kilograms of dried pot is now locked in a vault in the basement of a bunker on site that's protected by barbed-wire fencing, motion-sensor cameras and a 24/7 security team.

The owners are waiting for further Health Canada approval before they pull the green out of the vault and ship it to their waiting list of patients across Canada.

"The unique thing about marijuana is there's been a demand for marijuana, even from a medical perspective, for quite some time," Miron said. "There's already a very large active base that is seeking a medical alternative and want to get on board with this."

And the company is planning



Adam Miron shows off Hydropothecary's new medical-marijuana growing facility in Gatineau. ANDRZEJ TERRENCE/FOR METRO

to grow. A 35,000-square-foot greenhouse is being prepped for more pot plants. The company will soon hold a job fair to hire more production staff and customer-service representatives to answer a 24/7 phone line.

The Hydropothecary has about 100 investors, and Miron estimates the company is worth \$20 million. One of the next steps is to go public.

It's a unique career change for the 31-year-old Miron, who co-founded the online political newspaper iPolitics.ca and was a Liberal campaign manager during the 2008 federal election.

His brother-in-law has a different story. He holds an MBA from the Université du Québec à Montréal and previously worked for the Business Development Bank of Canada and the Export Development Corp.

Miron said the medical-marijuana production plant started as a conversation around a campfire.

"Like any good Canadian company," he joked.

But they are trying to be dif-

There's already a very large active base that is seeking a medical alternative and want to get on board with this.

Co-founder Adam Miron

ferent than the other pot-production plants in the country. That's clear from the product's comparatively high \$15-a-gram price tag, which covers the cost of shipping and the customer-service line. The four different strains of pot also come packaged in a white and black box with a silk bow.

"This was a tropical paradise," said Miron. "Everything that Louis did, it was the epitome of artisan, French, hand-grown quality, and that's exactly what we want to do with medical marijuana."

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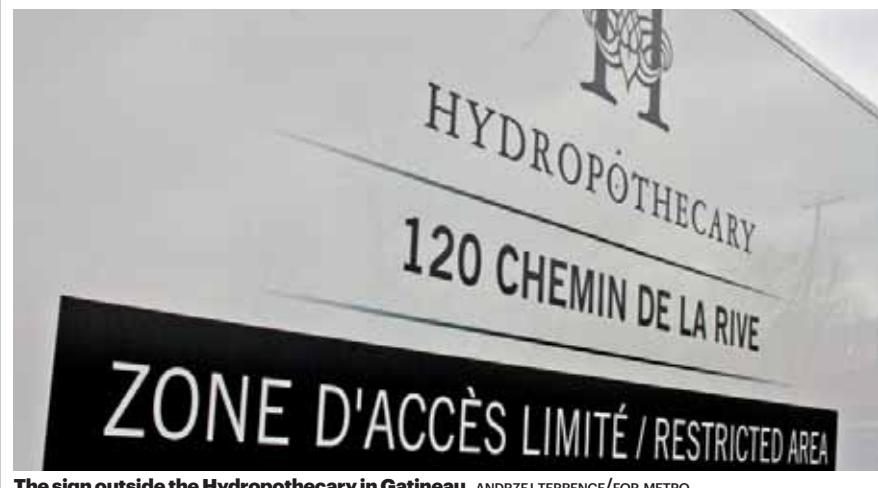
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The sign outside the Hydropothecary in Gatineau. ANDRZEJ TERRENCE/FOR METRO

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Isolation in a poverty bubble

CHALLENGE DAY 4

Metro reporter realizes hunger isn't all he has to worry about



**Gilbert
Ngabo**
Metro | Toronto

I faced a surprising challenge one morning this week.

As I was on the train coming into work, the sky unexpectedly turned dark and it started pouring rain. It was one of those cold mornings in the middle of April when what everybody wants is as much sunshine and warmth

as possible. My friend, who rides the train with me, started talking about getting his second coffee of the day as soon as we got to the terminal.

It was a couple of days into this week's challenge of Living Below the Line and experiencing some semblance of life in extreme poverty. I was beginning to feel slightly more hungry and physically weaker. I'd expected this, but what I hadn't expected was to find myself in a kind of seclusion — kept from normal life routines because of money constraints.

I'm not a big coffee drinker, but on that particular morning, a coffee and a chat with a friend in that cold would have been perfect.

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just \$1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget

of those who live below the poverty line.

The series:
Day 4 of 5, the social isolation that comes with poverty.

Follow Gilbert Ngabo at metronews.ca. The final installment will appear in Metro on Monday.



Poverty, it turns out, is more than just feeling hungry and tired. There's a sense of isolation that comes from not being able to socialize with a friend over, say, a cup of coffee.

I've been feeling isolated all week. The bubble of restrictions created by the challenge makes it impossible to sit down and share a meal with others, either at home or in a restaurant.

I passed on going out with friends to watch a Raptors game, fearing that would mean spending money on drinks.

And I didn't make plans to go to the movies, because that would probably mean buying popcorn or something else totally beyond my \$1.75-a-day budget.

Part of what I've learned since taking on this challenge has been to appreciate the little things in life that I take for granted. That morning was one of those learning moments.

In modern society, coffee isn't something most people have to have a plan to buy. If you feel like having a cup, you can just grab some change and go get it. You

hardly ever mind the price. I successfully resisted the urge to act that morning as my friend bought a coffee when we arrived at the food court.

On the rest of the trip to my office, I reflected on what poverty really means to the people who live in it. I imagined a poor person missing out on that coffee and chat due to lack of money.

The struggle of living on a meager budget is about more than food, basic shelter, clothing and education. There's an emotional toll that leads to anxiety and, quite honestly, depression.

Just another reminder that I'm lucky to be able to share a coffee with a friend, any time I want.

SASKATCHEWAN

Killer took photos of dead mom, children: Relative

He killed them. And then he took their photos and sent them to their father.

A relative of a woman and three children murdered this week in Saskatchewan said their killer took pictures of the bodies and sent copies to the children's biological father before taking his own life.

Tim Funk, a cousin of Latasha Gosling, said Steve O'Shaughnessy was the woman's boyfriend and that he was emotionally abusive, controlling and jealous.

Gosling, 27, was separated from her husband, but not officially divorced, and had been with O'Shaughnessy for the last couple of years, Funk said.

The husband often went to visit his three kids: Jenika, 8, Landen, 7, and Janayah, 4. They had been living most recently with Gosling and O'Shaughnessy in a rented mobile home in Tisdale, a town of 3,200 northeast of



Latasha Gosling and three of her children — Janaa, Jenika and Landen. HANDOUT/THE CANADIAN PRESS

Saskatoon.

The boyfriend "didn't like it at all" when the husband came around, Funk said.

On Tuesday, the husband

received the gruesome photos in a text sent to his cellphone, said Funk. It was the day before the husband's birthday. O'Shaughnessy "sent them

to him as a birthday gift."

Funk said the husband called Mounties, who found the bodies early Wednesday in the mobile home.

RCMP have confirmed that officers received a call from a family member around supper-time Tuesday, saying the woman and children hadn't been heard from all day and couldn't be reached.

Officers obtained a search warrant for the trailer and found the four, but have not said how they were killed.

The manager of the mobile home park said he was called by police that night to bring over a spare key.

He saw the children's distraught father there.

Officers tracked a suspect to a home 130 kilometres away in Prince Albert.

Police said the man had taken a six-month-old baby with him from the trailer. He then killed himself, but the infant was unharmed.

THE CANADIAN PRESS

JUSTICE

Top court agrees extradition of two

The Supreme Court of Canada has cleared the way for two Canadian men to be extradited to New Hampshire to face trial in what the Crown called the "brutal, hate-inspired murder of a lesbian couple."

The justices ruled directly from the bench after a hearing on Thursday.

Anthony Barnaby and David Caplin are wanted by American authorities in a cold case investigation into the 1988 killings of Charlene Ranstrom and Brenda Warner. The two men were living in Nashua, N.H., at the time.

Barnaby was tried three times in the killings, but each trial ended in a hung jury and charges were dismissed after the third mistrial in 1990. Caplin was charged, but never tried after key evidence was excluded.

The case languished for two decades, but was re-opened in 2010, when police re-interviewed witnesses and new DNA testing techniques were used. The Canadian government ordered the extraditions in 2011, but they have been under appeal since then.

The Quebec Court of Appeal approved Caplin's extradition, but blocked Barnaby's, saying a fourth trial constituted an abuse and that the new evidence referred to by the American police was not really new.

Caplin appealed his extradition to the Supreme Court, while the Crown appealed the ruling that quashed Barnaby's extradition. The two cases were heard together.

Mark Sisti, the American lawyer who defended Barnaby 25 years ago and worked on his extradition case, said he's stunned that the case is being resuscitated.

"It's absolutely outrageous," he said in an interview. "I can't even imagine this thing coming back here."

"I don't know what's going on here. I am absolutely befuddled as to why a case as weak as this one has drawn so much attention from the attorney general's office in New Hampshire." Sisti said no one in New Hampshire has ever been tried four times for the same crime. The Crown says a fourth trial was not necessarily an abuse. THE CANADIAN PRESS



A hotel worker adds more sandbags to a water barricade in Fredericton on Thursday. STEPHEN MACGILLIVRAY/THE CANADIAN PRESS

EMERGENCY

High water concern in New Brunswick

Emergency Measures officials in New Brunswick say water levels remain a concern along the St. John River.

But they say ice jams above Grand Falls and below Perth-Andover are gone, easing con-

cerns about ice problems in the area.

Emergency Measures tweeted earlier Thursday that water levels of some rivers in the province are above flood stage.

The province has warned of

possible flooding over the next few days, as snow continues to melt and rain keeps falling.

Environment Canada said roughly 20 millimetres of rain was expected in some areas Thursday, with another five

millimetres forecast for Friday.

Perth-Andover has been under a state of emergency since last weekend over flooding concerns from the St. John River.

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Loretta Saunders' family shares grief

TRIAL

'Her legacy lives on': Murdered woman's sister

Miriam Saunders says she's been overwhelmed with grief since the slaying last year of her daughter Loretta, but the Inuit woman from Labrador says she still plans to continue her daughter's work as an advocate for murdered and missing aboriginal women.

"After my grieving and healing, I plan to start doing work to prevent this from happening to any other child," she told a news conference Thursday, a day after a couple from Halifax pleaded guilty to killing the 26-year-old university student in February 2014.

Saunders was surrounded by family members, including her husband Clayton, daughters Delilah and Audrey, son Garrett and two of her sisters.

Reading from a statement, Loretta's sister, Delilah Saunders, said: "Loretta may not be here today, but her legacy lives on and will continue to grow through seeking justice for all missing and murdered indigenous women and girls."

Despite her grief, Miriam Saunders reached out to the parents of her daughter's killers.

"I can't imagine what their parents are feeling," she said.



Will I forgive those killers? I can't find it in my heart right now.

Clayton Saunders,
Loretta's father



Miriam and Clayton Saunders, parents of Loretta Saunders, along with Loretta's sister Delilah, left, attend a news conference in Halifax, N.S., on Thursday. ANDREW VAUGHAN/THE CANADIAN PRESS

"I'd like to let them know I have them in my prayers."

Clayton Saunders, Loretta's father, said a huge burden was lifted from his shoulders when Blake Leggette and Victoria Henneberry pleaded guilty to murder Wednesday as their trial was starting in Nova Scotia Supreme Court. As he was describing how his daughter was a dedicated student who loved children, he drew a deep breath, sobbed quietly and a tear rolled down the side of his weathered face.

"She would go miles out of her way just to see a little child of one of her friends," he said. Friends of Saunders have said she was three months pregnant at the time of her death.

Two statements of fact submitted to the court say Leggette and Henneberry were having "financial difficulties" soon after they moved into a sublet room in Loretta Saunders' apartment in January 2014.

On Feb. 13, 2014, she went to collect rent from the couple but they didn't have the money, according to the statements.

Leggette grabbed Saunders by the throat and tried to pull three plastic bags over her head. The young woman fought back and tore through the bags as the pair struggled and fell into an adjacent dining room. That's when Leggette twice hit her head against the floor and she stopped moving.

Leggette and Henneberry were arrested five days later in Harrow, Ont., while driving Loretta Saunders' car.

Her body was found in a hockey bag on the side of a New Brunswick highway near Salisbury on Feb. 26, 2014, about two weeks after she was last seen in Halifax.

Leggette and Henneberry were both charged with first-degree murder last year and they both pleaded not guilty at the time.

On Wednesday, Leggette changed his plea to guilty and Henneberry pleaded guilty to a lesser charge of second-degree murder. A sentencing hearing is scheduled for April 29.

THE CANADIAN PRESS

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FRENCH MINISTER

Terrorism linked to racism: Taubira



We do believe that what terror aims at is to show that democracy is a weak system, and we have to demonstrate that it's a strong system.

Christiane Taubira,
France's justice minister

The marginalization caused by racism has an alienating effect that makes people more vulnerable to terrorist recruiters, says France's visiting justice minister.

Christiane Taubira knows of what she speaks: as France's most prominent black politician, she has faced repeated public racist slurs in her country.

Taubira made it clear that she doesn't see being discriminated against as an explanation or excuse for terrorism.

"I'm not sure I want to understand the causes of terrorism," she said in an exclusive interview Thursday at the French Embassy in Ottawa. "Terror is terror, just absolute."

But Taubira said there is a link between a young person being pushed to the margins of society and "how easy" that makes it for a terrorist to recruit them, especially using the Internet.

"Because it's so easy for (terrorists) to say, 'You will be very important because you will be very powerful, you will be able to kill, and afterwards you will be happy,'" she said.

"The link is there. It's easy to convince young people that there is a better life in terrorism than in hoping in the society."

Taubira said being on the receiving end of some vicious racist slurs has only made her stronger.

She said this week's appointment of Toronto's first black police chief, Mark Saunders, carries the sort of symbolism that can give some young people a sense

of hope. But she was quick to add: "I don't want just one person on TV, one person in the government ... I want equality for all."

Taubira was on a visit to meet her federal counterparts in Ottawa, Justice Minister Peter MacKay and Public Safety Minister Steven Blaney, and will travel to Montreal on Friday.

France and Canada, she said, are forging deep co-operative links in the fight against terrorism following January's deadly terror attacks in Paris and the October killings of two Canadian soldiers in separate incidents in Ottawa and Saint-Jean-sur-Richelieu, Que.

France, like Canada, has proposed anti-terrorism legislation. While Taubira did not comment specifically on Canada's bill, she did emphasize the need to preserve the balance between fighting terrorism and protecting civil liberties and democratic principles. THE CANADIAN PRESS



Christiane Taubira SEAN KILPATRICK/THE CANADIAN PRESS

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This tragedy cannot be characterized as a one-sided genocide

The genocide allegations contradict the definitional criteria outlined in the 1948 UN Genocide Convention

The allegations have never been tried by an international tribunal

In recent years there have been well-orchestrated political pressures placed on legislative bodies to distort history and accept the Armenian narrative.

In western democracies, legislative bodies (parliaments) cannot assume the functions of the judiciary

History cannot be rewritten in political arenas

Accusing a nation and a people unjustly and unfairly for the most serious crime of humanity without a legal verdict is against the very principles Canadians live by. *The Council of Turkish Canadians* stands for *reconciliation, joint healing and justice*. We condemn political game-playing.



Council of Turkish Canadians

JUSTICE

Judge denies parole to Manson follower

A Charles Manson follower who once bragged of cutting a man's head off lost another bid for freedom for two murders that have kept him behind bars 45 years.

Bruce Davis' record shows there is "some evidence" he is dangerous and shouldn't be freed, Superior Court Judge William C. Ryan wrote Wednesday in upholding the governor's reversal of a parole board decision to free him.

Davis, 72, was sentenced to life in prison in the 1969 slayings of musician Gary Hinman and stuntman Donald "Shorty" Shea.

Davis claimed he turned his life around in prison, earning a doctoral degree, becoming religious and ministering to other inmates. The parole board cited those accomplishments, along with his age and good behaviour as reasons to grant him parole in March last year.

Gov. Jerry Brown rejected that decision in August, saying factors in his favour were outweighed by the brutality of the killings and Davis' lack of insight into his crimes, which he didn't admit until 2012 after claiming for years to be an innocent bystander.

The Manson family planned to rob Hinman, a friend, but killed him after holding him two days because he said he didn't have money. Davis held

Hinman at gunpoint while Manson sliced his face open with a sword.

A later, Davis stabbed Shea at Spahn Ranch where the family lived. Davis boasted he decapitated the ranch hand. Shea's body was found buried on the property. "Both victims were abused, defiled and mutilated," Ryan wrote. "These actions demonstrate the utmost callous disregard for human suffering."

THE ASSOCIATED PRESS



A rare pocket shark taken out of the Gulf of Mexico in 2010. It has pockets next to its fins. TULANE UNIVERSITY/THE ASSOCIATED PRESS

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SCIENCE

Tiny but rare, it's newest and rarest species

Think Jaws meets a kangaroo, with maybe a touch of cute kitten, and you've got the aptly named pocket shark — the newest and rarest species found off the U.S. coast.

Surprised scientists found a tiny, young version of the extraordinarily rare shark that was fished out of the deep Gulf of Mexico in 2010 with lots of other creatures in a government research trip. The dead specimen spent more than three years in a giant freezer waiting to be identified.

It turned out to be only the second of its species ever seen. The first pocket shark was found 36 years ago in the Pacific Ocean off the coast of Peru and it's been sitting in a Russian museum since.

This pocket shark was a male, maybe a few weeks old, about 5.5 inches long.

Strangely, this type of shark has two pockets next to its front fins; their purpose is not known. It's not quite like a kangaroo, which uses its pouch to carry young, but few species have pockets this large — about four per cent of the shark's body.

"It's cute," said Tulane

University biologist Michael Doosey, who co-authored a study in a zoological journal identifying the shark. "It almost looks like a little whale."

National Oceanic and Atmospheric Administration fisheries biologist Mark Grace has spent more than 30 years going through bags upon bags of fish to identify them.

It took him more than three years to get to near the end of the freezer, when he plucked a bag on the table and let it thaw.

"I wasn't really sure what it was," Grace said. "That pocket over on the pectoral fin, I had never seen anything like that on a shark."

It's a small miracle that he was not thrown away. A couple of times, the lab with the freezer lost power.

Once identified, the shark was shipped to New York and France for high-tech examinations that wouldn't puncture the specimen.

The shark also has unusual belly patches not seen in most sharks. The only other pocket shark was a female adult about 17 inches long; adult females may be larger than males.

But the truly strange thing about this species is its twin pockets. While no one knows what they are for it's speculated that they may secrete some glowing fluid.

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Obama takes responsibility for drone-strike casualties

MILITARY

American and Italian hostages killed in CIA mission

President Barack Obama revealed Thursday that U.S. drone strikes in Pakistan inadvertently killed an American and an Italian, two hostages held by al-Qaida, as well as two other Americans who had leadership roles with the terror network.

Obama somberly said he took full responsibility for the January CIA strikes and regretted the deaths of hostages Warren Weinstein and Giovanni Lo Porto, an Italian aid worker.

The president cast the incident as a tragic consequence of the special difficulties of the fight against terrorists.

The incident is likely to spark fresh scrutiny of Obama's frequent use of drones to target terrorists and his pledge to strike only when there is "near-certainty" that no civilians will be harmed.

Weinstein, who was captured as he neared the end of a contract assignment with the U.S. Agency for International Development, and Lo Porto were

STRIKES

Since 2004, the U.S. has carried out some 400 suspected drone strikes in Pakistan, according to the New America Foundation's International Security Program, which tracks the American campaign.

THE ASSOCIATED PRESS



President Barack Obama pauses while speaking in the Brady Press Briefing Room of the White House in Washington on Thursday. The president took full responsibility for deaths of American and Italian hostages, and expressed apologies. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

killed during a drone strike against an al-Qaida compound in Pakistan, near the Afghan border.

U.S. officials said the compound was targeted because intelligence showed it was frequented by al-Qaida leaders. That same intelligence offered no indication the hostages were there, the officials said.

Ahmed Farouq, a dual U.S.-Pakistani national who was an al-Qaida operations leader in Pakistan, was killed in the strike, along with a small number of members of the terror organization, the officials said. Adam



It is a cruel and bitter truth that in the fog of war generally and our fight against terrorists specifically, mistakes — sometimes deadly mistakes — can occur.

U.S. President Barack Obama

Gadahn, an American who served as an al-Qaida spokesman, was killed in a separate strike on a second compound.

"It is a cruel and bitter truth that in the fog of war generally and our fight against terrorists specifically, mistakes — sometimes deadly mistakes — can

occur," Obama said at the White House.

U.S. officials said Farouq and Gadahn were not specifically targeted in the operations and there was no evidence they were at either compound. The officials said had they reviewed hundreds of hours of surveillance of the

compounds, including continuous monitoring of the facility where Farouq was killed in the days leading up to the strike.

"We believed that this was an al-Qaida compound, that no civilians were present and that capturing these terrorists was not possible," Obama said. "And we do believe that the operation did take out dangerous members of al-Qaida."

The president said he had ordered a review of the incidents to help identify any changes that might be made to prevent similar deaths in the future.

The CIA drone program has killed al-Qaida leaders, Pakistani Taliban fighters and other militants hiding in tribal regions, sparking anger across Pakistan over allegations of widespread civilian casualties.

White House spokesman Josh Earnest said Obama did not personally sign off on the two drone strikes but believes they fell within the guidelines he has set for counterterrorism missions. Earnest also said the president did not regret the deaths of Farouq and Gadahn.

Officials said it became evident in the weeks after the strikes that Weinstein, the American hostage, might have been killed. A final assessment was reached in recent days and administration officials started briefing members of Congress.

The Republican leader of the House, Speaker John Boehner, welcomed Obama's review of the incident, calling it "entirely appropriate." And Rep. Adam Schiff, the top Democrat on the House Intelligence Committee, said it would be crucial to examine the operation "to make sure that the high standards that have been set were, in fact, met."

THE ASSOCIATED PRESS

MEDITERRANEAN

EU states commit to aiding migrants

European Union leaders committed extra ships, planes and helicopters to save lives in the Mediterranean at an emergency summit convened Thursday to address a crisis that has left more than 1,300 migrants dead over the past three weeks, and agreed to lay the groundwork for military action against traffickers.

Germany and France pledged two ships each, while Britain committed three to patrol the Mediterranean, and other member states also lined up more vessels and helicopters that could be used to rescue migrants, officials said.

EU member states also agreed to triple funding to nine million euros (\$9.7 million US) a month for the EU operation that patrols the Mediterranean.

They assigned EU foreign policy chief Federica Mogherini to line up the diplomatic options that would allow EU militaries to strike against the boats used by traffickers. Officials said the lack of a strong Libyan government would likely make UN backing necessary.

"Leaders have already pledged significantly greater support, including many more vessels, aircraft and experts" than had been anticipated, EU President Donald Tusk said. French President François Hollande said the EU would hold a

1,300

1,300 migrants have died in the Mediterranean over the past three weeks.

summit in Malta with African countries by this summer to see how the continents can work together to better deal with the crisis.

The announcements came as 24 victims of the worst-ever migrant disaster in the Mediterranean were buried Thursday in Malta. Two dozen caskets containing the only bodies recovered from the weekend capsizing off Libya that left some 800 migrants feared dead were laid out for a memorial service on the grounds of Malta's main hospital, followed by burial at the island nation's largest cemetery.

Desperate migrants fleeing war, repression and poverty in Africa and the Middle East threw their lot in with smugglers who charged \$1,000 to \$2,000 for a spot on overcrowded and unseaworthy boats to make the perilous crossing. Ending that is Europe's main challenge.

THE ASSOCIATED PRESS

FERGUSON, MO.

Brown's parents file wrongful-death suit

Michael Brown's parents filed a wrongful-death lawsuit against the city of Ferguson on Thursday, opening a new chapter in the legal battle over the 18-year-old's fatal shooting by a white officer that sparked a protest movement about the way police in the U.S. treat blacks.

Brown was unarmed and walking in the street with a friend on Aug. 9 when officer Darren Wilson told them to move to the sidewalk. That led to a heated confrontation and a scuffle be-

tween Wilson and Brown inside Wilson's squad car. Wilson shot Brown after the scuffle spilled into the street. Some witnesses said Brown was trying to surrender, but Wilson said Brown was moving toward him aggressively, forcing him to shoot.

Civil cases generally require a lower standard of proof than criminal cases. Jurors must find a preponderance of evidence, not proof beyond a reasonable doubt needed to convict in a criminal trial. THE ASSOCIATED PRESS

IN BRIEF

Ex-CIA director sentenced to two years probation, \$100 fine

Former CIA director David Petraeus, whose career was destroyed by an extramarital affair with his biographer, was sentenced Thursday to two years' probation and fined \$100,000 for giving her classified material.

The sentencing came two months after he agreed to plead guilty to a federal misdemeanor count of unauthorized removal and retention of classified material. THE ASSOCIATED PRESS

SOUTH AFRICA

Thousands march against xenophobia

Several thousand people marched through South Africa's largest city on Thursday in a demonstration against recent attacks on immigrants that killed seven people.

Demonstrators walked through the centre of Johannesburg, passing high-rise neighbourhoods that are home to many immigrants.

The crowd sang, whistled and beat drums. Children in school uniform mingled with activists. The violence against immigrants

in South Africa this month occurred in Johannesburg and another major city, Durban. The attacks stemmed from a perception among some South Africans that immigrants are taking jobs and opportunities at their expense.

"At least people will see not everyone is xenophobic," said Adria Kayitare, a Rwandan immigrant in South Africa, said she joined the march because she believed it would send a strong message to South Africans.

THE ASSOCIATED PRESS

**CHILE CALBUCO VOLCANO ERUPTS NEAR PUERTO VARAS**

The Calbuco volcano erupted Wednesday for the first time in more than 42 years, billowing a huge ash cloud over a sparsely populated, mountainous area in south Chile.

THE ASSOCIATED PRESS

Illness forces jet's landing

AIR SAFETY

Passengers sick, breathless, so crew takes quick action

An airline passenger said he had trouble breathing, and others felt ill, but the airline said Thursday that an inspection found no mechanical faults after the jet made an emergency landing in New York.

And while federal safety officials had no explanation for what happened on the aircraft on Wednesday, aviation experts said the flight crew did the right thing by quickly descending to 10,000 feet, an altitude with life-

giving oxygen levels.

SkyWest Flight 5622, operating as United Express and carrying 75 passengers, left O'Hare airport in Chicago on Wednesday morning and was bound for Bradley International Airport near Hartford.

The Embraer E170 began a steep, rapid descent from its cruising altitude of 37,000 feet after the crew declared an emergency and landed in Buffalo late Wednesday morning.

A U.S. official said the crew acted because of word of illness in the cabin but didn't report to controllers any problems with the aircraft.

Passenger Larry Johnson said it became difficult to breathe partway through the flight.

THE ASSOCIATED PRESS

IN BRIEF**Congrats, applicant ... or, maybe not**

Hundreds of students who received acceptance letters from Drexel University in Philadelphia are now being told they were sent by mistake.

WTXF-TV reports Drexel University mailed the letters to nearly 500 people who had already been denied admission or

had incomplete applications.

Tearra Bookard tells the station she received her acceptance letter three weeks after she was denied admission.

The 17-year-old says she told friends about the good news only to receive an email later notifying her of the mistake.

THE ASSOCIATED PRESS

ESPIONAGE

Spy flees Argentina in wake of threats

Argentina's most famous spy master has fled the country due to threats on his life and is not complying with a summons ordering him to testify Thursday in connection with the investigation into a 1994 terror bombing, his lawyer said.

Antonio Stiuso fears for his safety, his lawyer, Santiago Blanco Bermudez, told The Associated Press during an interview Wednesday evening.

He said Stiuso contends the

government is trying to sully his reputation following the mysterious death of a prosecutor who accused Argentine leaders of protecting the masterminds of the bombing.

"We believe (Stiuso) will continue to be a government target," said Blanco Bermudez, who declined to specify the threats or disclose his client's location.

Stiuso was called to testify Thursday about allegations he hid information related to

the bombing, which killed 85 people at Argentina's main Jewish centre.

Stiuso also has been accused of running a contraband operation and tax evasion. Blanco Bermudez said all the accusations were baseless.

Stiuso, who oversaw a vast wire-tapping operation before being removed from his post in December, had assisted prosecutor Alberto Nisman in his investigation of the unsolved bombing, which stands as the

country's worst terrorist attack. Nisman was found shot dead in his bathroom on Jan. 18, days after accusing President Cristina Fernandez of reaching a secret deal with Iran to cover up its alleged responsibility for the bombing.

Fernandez strongly denies the accusations, which have been thrown out by a federal judge and rejected on appeal, and Iran long has said it had no role in the attack.

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Gallipoli is remembered

FIRST WORLD WAR

100 years ago, Allied offensive resulted in 130,000 deaths

Whenever he leaves the house, Kenan Ersöz hides the bayonet his father used to defend the crumbling Ottoman Empire against the British-led invasion of Gallipoli a century ago. The father saw it as a friend that kept him alive. The son keeps it as his most prized possession. The campaign is no less present for descendants of soldiers from Australia and New Zealand who played a leading role for the other side.

John Carnell travelled from Sydney with his wife, Carol, and two children, Kate and Tom, to visit spots where his great-grandfather landed on the peninsula — and where he was mortally wounded months later. In the lottery to obtain tickets for the 100th anniversary commemoration this week, Carnell wanted his children to come more than



A Gallipoli memorial at Eceabat in Gallipoli peninsula, Turkey. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

he wanted to come himself.

"People only really die when the living stop talking about them," he said. "I can bang on about my ancestor for another 20 years or so. My children can do it for 50 and they can tell their grandchildren."

As world leaders gather

We could see the ugly side of war on my father's body.

Kenan Ersöz

Thursday and Friday with the descendants, the memories of one of the most harrowing campaigns of the 20th century have come surging back to life. The doomed Allied offensive to secure a naval route from the Mediterranean to Istanbul through the Dardanelles, and

take the Ottomans out of the war, resulted in over 130,000 deaths on both sides. It came to be seen as a folly of British war planning.

The campaign's enduring poignancy may be that it forged national identities for countries on both sides.

Mustafa Kemal Ataturk used his prominence as a commander at Gallipoli, known as Canakkale to the Turks, to vault into prominence, lead Turkey's War of Independence — and ultimately found the Turkish Republic.

Similarly, the tragic fate of troops from Australia and New Zealand, who played a key role in the campaign, is said to have inspired an identity distinct from Britain. The anniversary of the start of the land campaign on April 25, known as ANZAC Day, after the Australia and New Zealand Army Corps, is marked as a coming of age for both nations.

On April 25, 1915, troops were rowed in at dawn to narrow beaches with scant cover only to encounter rugged hills and scorching fire by concealed Turks. THE ASSOCIATED PRESS

IN BRIEF

Japan has 'wrong attitude to history': China

Three Japanese cabinet ministers on Thursday visited a Tokyo shrine that honours the country's war dead, including convicted war criminals, drawing a rebuke from China one day after Prime Minister Shinzo Abe met President Xi Jinping.

"I offered my sincere appreciation for the people who fought and sacrificed their lives for the sake of their country," said Eriko Yamatani, disaster management minister. Chinese Foreign Ministry spokesman Hong Lei called the visits a "wrong attitude to history." China and South Korea, both victims of Japan's aggression, have asked Tokyo to atone.

SS guard knew Jews would die: Testimony

A former Auschwitz guard Oskar Groening, now 93, being tried in Berlin on accessory to murder, testified that it was clear to him Jews were not expected to leave the camp in Poland alive. It was the trial's third day. THE ASSOCIATED PRESS

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VANCOUVER

B.C. firm to help space station's live stream

A Vancouver-based company has announced that it's teaming up with NASA to help send out live, high definition video of the Earth taken from the International Space Station.

Scott Larson, the CEO of UrtheCast Corp., says within a few months his firm's website will be distributing the real-time video taken by four cameras located on a European Space Agency module on the space station. The cameras have been operating for almost a year.

Larson says UrtheCast will be tapping into a view of the world which he describes as breathtaking and inspiring.

UrtheCast has already built and installed its own two cameras — a still camera and a high-definition video camera — on the Russian section of the space station.

The still camera is already in operation and the full-colour video camera is expected to begin streaming this summer, once tests are completed.

The company's two cameras can monitor the environment, humanitarian relief, agricultural land, and even social events on the ground.

UrtheCast has already announced that it will be sending another video camera and a radar sensor up to the orbiting space laboratory in 2017.

THE CANADIAN PRESS



The International Space Station orbits the Earth. COURTESY
NASA/THE ASSOCIATED PRESS FILE



Researchers have linked a spike in seismic activity in the U.S. mainly to injecting wastewater underground, activating dormant faults. KAREN BLEIER/AFP/GETTY IMAGES

Report maps earthquakes set off by energy drilling

OIL AND GAS

Stable regions in 8 U.S. states see seismic activity spike

More than a dozen areas in the United States have been shaken in recent years by small earthquakes triggered by oil and gas drilling, a government report released Thursday found.

The man-made quakes jolted once stable regions in eight states, including parts of Alabama, Arkansas, Colorado, Kansas, New Mexico, Ohio,

Oklahoma and Texas, according to researchers at the U.S. Geological Survey.

Experts said the spike in seismic activity is mainly caused by the oil and gas industry injecting wastewater deep underground, which can activate dormant faults. A few instances stem from hydraulic fracturing, in which large volumes of water, sand and chemicals are pumped into rock formations to free oil or gas.

Many studies have linked the rise in small quakes to the injection of wastewater into disposal wells, but the Geological Survey's report takes the first comprehensive look

at where the man-made quakes are occurring.

"The hazard is high in these areas," said Mark Petersen, who leads the agency's national mapping project.

Oklahoma lately has been rocked by more magnitude-3 quakes than California, the most seismically active of the Lower 48 states, Petersen said.

Oklahoma was not on scientists' radar until recently when the state experienced a spate of

“They're ancient faults ... We don't always know where they are”

Geological Survey geophysicist William Ellsworth

know where they are.”

A message to the American Petroleum Institute was not immediately returned. The industry group has said efforts are made to map fault lines where drilling occurs.

A group of experts met last year in Oklahoma to pinpoint seismic hotspots around the country caused by induced quakes. Scientists initially identified 14 regions affected by quakes linked to drilling. They later added three other high-risk areas — northern Oklahoma-southern Kansas; Greeley, Colorado; and Azle, Texas.

THE ASSOCIATED PRESS

ECONOMY

Ontario to lead export growth this year: Report

Ontario is expected to lead all other provinces in export growth this year before a recovery in oil prices in 2016 restores the fortunes of energy-producing provinces like Alberta, according to a report issued Thursday by Export Development Canada.

After years of challenges, exports of goods from Canada's manufacturing heartland are forecast to grow by 10 per cent to \$195 billion following last year's eight per cent growth, courtesy of strong demand from

a strengthening U.S. economy and a weaker loonie.

The increase will be driven by pent up U.S. demand for automobiles and industrial machinery, the EDC says.

"That's the first time in a long while that that kind of growth has happened for Ontario," chief economist Peter Hall said from Burlington, Ont.

However, Ontario is forecast to move from best to worst in 2016 when its predicted two per cent growth will trail far behind Alberta and Newfoundland and

Labrador, whose exports are expected to grow 19 per cent to \$120 billion and \$13.3 billion respectively.

The agency forecasts exports of goods, which grew by 10.9 per cent to reach \$491.6 billion in 2014, is expected to remain flat this year and grow by eight per cent in 2016.

Quebec is expected to pump out solid export growth mainly from its aerospace, automotive parts and forestry sectors, producing growth of seven per cent in 2015 and six per cent in 2016.

Aerospace is expected to lead with 17 and 20 per cent growth over the next two years, helped by the entry into service of Bombardier's CSeries aircraft. Metals and ores will see modest growth despite weaker prices, while lumber exports are forecast to rise six per cent on higher U.S. housing starts.

The agency forecasts that oil prices — which dropped 34 per cent since last year — will recover to \$61 US a barrel in 2015 and to \$71 US in 2016.

THE CANADIAN PRESS

EXPORTS

Growth in next two years

Predicted export growth in other provinces:
Prince Edward Island (9% in 2015 and 4% in 2016), Nova Scotia (7% and 3%), New Brunswick (-10% and 11%), Manitoba (2% and 3%), Saskatchewan (-5% and 7%) and British Columbia (5% and 6%).

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market minute

	DOLLAR	82.33¢ (+0.55¢)
	TSX	15,392.35 (+87.58)
	OIL	\$57.74 US (+\$1.58)
	GOLD	\$1,194.30 US (+\$7.40)
	NATURAL GAS	\$2.531 US (-7.5¢)
	DOW JONES	18,058.69 (+20.42)

NATIONAL GAS: \$2.531 US (-7.5¢)
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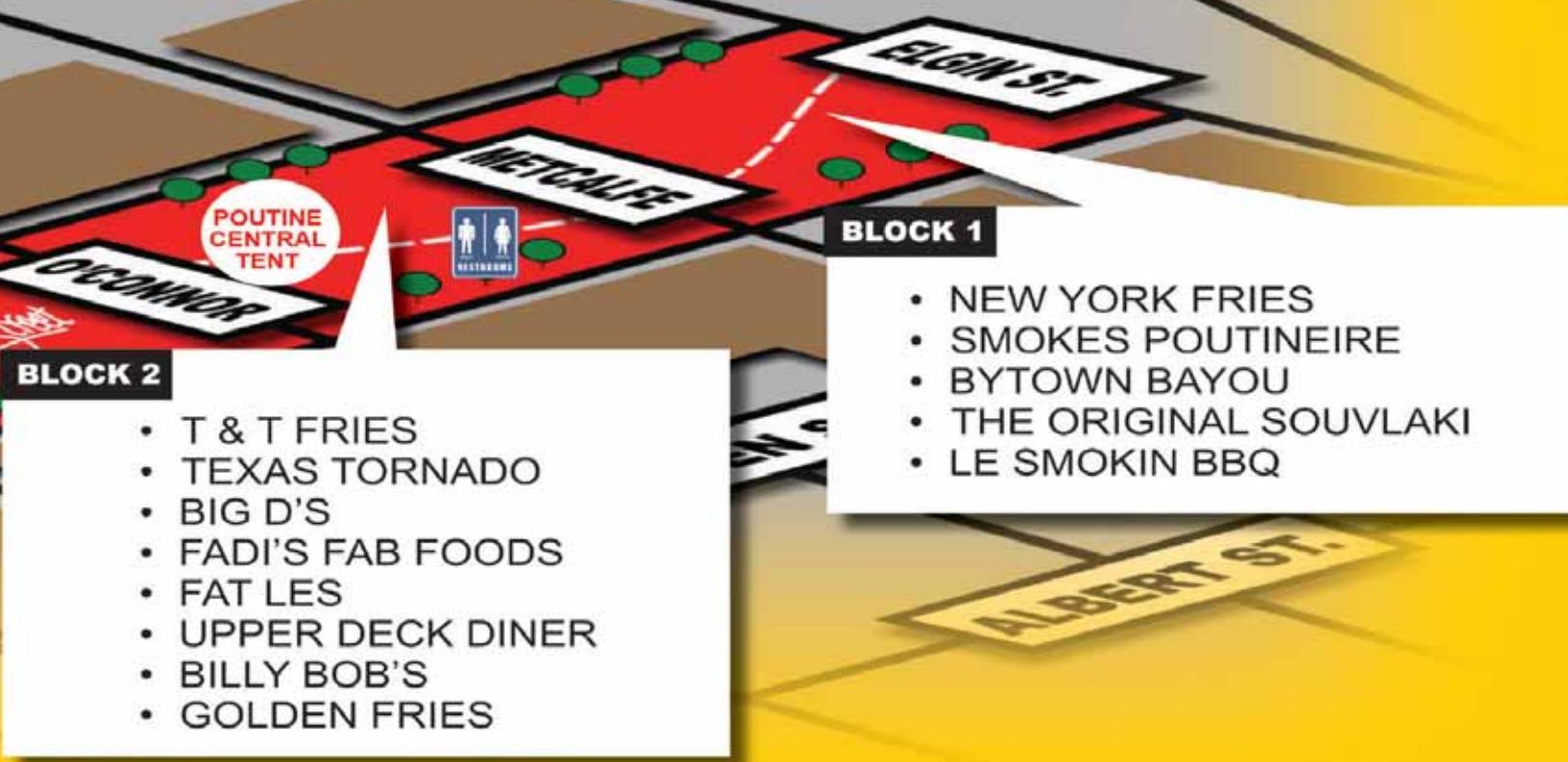
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WEEKEND, April 24-26, 2015



Happy face/Sad face

From potential **personhood** for primates to **lewd funerals**, Metro weighs in on the news that made headlines this week



Community composting happens

Free piles of compost and (if you're lucky) manure are starting to appear at designated pick-up points across Canada, thanks to local initiatives by municipalities and neighbourhood groups. Residents use pails or wheelbarrows to collect "black gold" for their gardens. For more information, contact your municipality — or start your own program with help from the Compost Council of Canada at compost.org.



Stripping for the dead no longer allowed

A dearth of cultural activities and the belief that high turnout honours the dead has resulted in traditional opera and even movie screenings at family funerals in rural China. But "lewd" performances — including strippers — is going too far, say authorities. The Ministry of Culture has announced that those responsible for any more vulgar acts will be punished. THE ASSOCIATED PRESS

New Orleans, Miami: sin cities no more?

New Orleans has imposed a ban on smoking in bars, gambling halls, hotels, workplaces, private clubs and stores. And that includes e-cigarettes. Meanwhile, in Miami, city commissioners are considering a proposal to ban alcohol sales at open-air bars and cafés — but only from 2 to 8 a.m. Last call is currently 5 a.m., with drinking in the wee hours blamed for a rise in bad behaviour all round.



Chimpanzees may yet get person status

Two research chimpanzees may be freed next month if the New York State Supreme Court deems they have rights as persons. The lawsuit was initiated by the Non-human Rights Project. According to Science magazine, NHRP is set to launch more cases offering scientific evidence that elephants, great apes, whales and dolphins "are autonomous beings and deserve the right to bodily liberty."

ROSEMARY WESTWOOD

metroview

A toast to toast (and not the artisanal kind sold at luxury prices)

Toast is among the more inane hipster trends right now: Painfully cool cafés charging \$5 for a slice of artisan toast and jam. But toast hit peak cliché with the advent of the charred selfie.

The U.S. company Burnt Impressions charges \$85 for a customized toaster that pops out browned bread in your likeness, which seems especially pricey since you'll likely slather peanut butter on top, making your face pointless.

There is no simple pleasure that hipsters won't corrupt.

Toast culture itself is very, very old. Writer Mary Mann has traced it back to the Romans: "Tostum" is Latin for scorched, and toast was made by putting stale bread on a stone near fire, and later, on a wire frame over fire," she wrote in her essay *A Brief History of Toast*. It was about household economics, a way to rejuvenate stale bread and extend your food.

Toasting forks were invented to make the process easier, and they became ubiquitous by the 19th century, said food historian William Rubel, author of the book *Bread: A Global History*. "When you use a toasting fork and toast in front of the fire place, you can fully modulate the extent to which the toast is toasted." It was, he said, the most personalized of foods.

British toast culture likely

developed in part because wheat bread is well suited to toasting, he mused. But it was the invention of the electric toaster and sliced bread that cemented toast as the humble, inexpensive breakfast food of modern England, the U.S. and Canada.

Toast culture has other reasons for enduring. The sweet smell of bread crispng. The charred, caramelized taste. At my grandmother's cottage on Lake Muskoka, the dining table was a long picnic bench to squeeze as many people in at a time, and the toaster sat on the sideboard. Whoever sat nearest was on duty, rotating slices in, serving them out when they shot up steaming.

Even scientists haven't been able to resist toast's allure. One researcher in the U.K. found our love of toast is really a love of childhood, and the aroma brings waves of memories — nostalgia for breakfast.

I guess, then, we should have been expecting this — overpriced toast that misses the point that toast is loved for its humbleness, and breakfast as yet another mirror of your own existence. It used be Jesus on a slice of bread.

I'd rather see his face in the morning than my own, and I wish "artisan" wasn't an excuse to charge luxury prices for such a simple pleasure as toast.

Men eat up feminism when it's this funny

THE KOHLER REPORT

Rebecca Kohler



Some people take feminist studies because they're interested, others take it to pick up chicks (I seriously know a guy who did that), and some people might be taking a variation of feminist studies without even knowing it.

American comedian Amy Schumer's sketch show, *Inside Amy Schumer*, premiered its third season on Tuesday night and in terms of feminist studies, it packed a mean, hilarious, well-manicured punch.

Schumer is already well known as someone who pushes envelopes on lots of topics, but Tuesday's episode was saturated in women's issues and, just as sugar helps the medicine go down, I'm thinking humour might help the

feminism go down.

There was a sketch titled *Last F—ble Day* starring Julia Louis-Dreyfus, Tina Fey and Patricia Arquette about how women in Hollywood have a sexual expiration date (whereas men stay desirable forever).

A parody commercial for birth control was juxtaposed with the fact that American women need the approval of several random men to get their hands on contraception.

And another brilliant sketch poked at rape culture, seemingly using the Steubenville, Ohio, rape case of 2012 as a touchstone for satire.

In it, Josh Charles channelled Coach from *Friday Night Lights*, shocking his high-school football players, and courting censure from the community, by instituting a new rule for the team: "No raping." This might all sound heavy, and it WAS. But it was

also some of the funniest television I've seen in years. Aside from being entertained, I was excited by the fact the show is equally popular among Comedy Central's male and female viewers — and thought about all kinds of possibilities this offered in terms of educating and communicating with those whose ears normally shut off at the mention of the word "feminism."

Schumer is a comical Trojan horse with female empowerment hidden inside.

First I imagined a hypothetical scenario in which a stereotypical "dumb jock" comes in contact with a "feminist" — maybe in a dentist's waiting room? As soon as the feminist

starts talking to the jock about feminist issues he rolls his eyes, blocks her out and continues "reading" his Maxim magazine. Then I imagined the same jock, in a marijuana haze, stumbling upon Inside Amy Schumer.

I can totally see the jock laughing and guffawing, "Ha ha. It's funny 'cause it's true." And then a few seconds later thinking, "D'oh!" followed by the icky feeling of having learned something.

Comedians have long been known as social commentators who help to improve society. Amy Schumer is a comical Trojan horse with female empowerment hidden inside.

Rebecca Kohler is a standup comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter @becca_kohler

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Our obsession with immortality

ANALYSIS

The Age of Adaline is just one of many films about eternal life

IN FOCUS

Richard Crouse



The new Blake Lively movie, *The Age of Adaline*, sees its star play a woman who was frozen in time at age 29, never to age another day. No laugh lines, stiffness in the bones or grey hair for her. She drifts through life, an eternal 20-something, as her pals age and eventually die.

How does she compare to friends and family? Well, in the film, the youthful centenarian Lively has a daughter played by Ellen Burstyn, a veteran actress 55 years her co-star's senior.

It's a romantic fantasy that brings up an interesting question. Sure, the idea of defying age sounds intriguing, but why would you want to fall in love when there is no possibility of growing old together? That's the dreamy question at the heart of the film; the notion that allows director Lee Toland Krieger to explore the mushier side of the story. But what about the engine that drives the tale — immortality?

With characters like Wolverine and Twilight's Edward Cullen pulling in big box-of-

fice bucks, it's not shocking that movies seem infatuated with eternal life. Nor should it come as a shock that actors are drawn to immortal characters. The obsession with youth is one thing, that's a job requirement — perhaps that's why the U.S., with Los Angeles at the epicentre, is the world capital of plastic surgery — but I think it goes beyond that.

With visions of an ageless Adaline dancing in my head I posed a simple question to Alex Garland, the director and screenwriter of this weekend's artificial intelligence drama *Ex Machina*: "Why have movies about immortality been so popular with actors and filmmakers?" I got an intriguing answer.

"There is an interest floating around which is as much to do with longevity as it is immortality," he said, "but it contains immortality as a long-term goal."

Broadly speaking, what I would say, at least where filmmakers are concerned, is that they're subject to the same zeitgeist things that everybody else is, so what they will do is manifest it in their job."

Perhaps that's why in the coming months we'll see eternal characters in everything from *The Avengers: Age of Ultron* and *Terminator Genisys* to *Pan* and *Crimson Peak*.

The rich and famous have always dreamed of extending natural life. For instance, although it's an urban legend that Walt Disney was frozen cryogenically to be thawed later, it makes a good and



Michiel Huisman and Blake Lively star in *The Age of Adaline*, which opens this weekend. CONTRIBUTED

almost true-sounding story. While working on *Ex Machina*, Garland says he discovered tales of wealthy people looking to find immortality through science.

The researchers might be quite realistic about what artificial intelligence can promise, but the funders may be less realistic about it. One of the things that some of the funders are looking for, and I've heard this expressed very explicitly, not in a coded way, but an absolutely straightforward

way, is the ability to download yourself and for you to survive long as a result of your enormous wealth.

"Powerful people don't want to die. Everyone else figures they don't have a choice but the really powerful people fig-

MOVIE RATINGS by Richard Crouse

The Age of Adaline ★★★	The Water Diviner ★★★
Ex Machina ★★★★	

HOW RATING WORKS

★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

ure they do have a choice and they are going to explore it just in case."

I think Hollywood may be obsessed with immortality for one other reason. Film stock

offers its own kind of eternity, where one never ages and on the screen Blake Lively will be the 29-year-old Adaline forever. Check out our interview with Blake Lively on page 27.



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LITERATURE

Harper Lee audio book nabs Reese

Harper Lee's upcoming novel, the year's most talked about literary release, will have some added star power for the audio edition: Reese Witherspoon.

The Oscar-winning actress will narrate Lee's *Go Set a Watchman*, HarperCollins announced Thursday. Lee, 88, stunned the world by agreeing to the release of *Go Set a Watchman*, scheduled for July and her only published work besides *To Kill a Mockingbird*.



Reese Witherspoon is to narrate the audio edition of the new Harper Lee book, *Go Set a Watchman*. GETTY IMAGES

which came out in 1960. The new book was completed before *Mockingbird*, but takes place in the 1950s, 20 years after the setting for her first novel. Both books feature Atticus Finch, Scout and other famous literary characters.

Witherspoon, a Louisiana native, said in a statement that she considered it "an honour and privilege to give voice to the Southern characters" she had loved since childhood. THE ASSOCIATED PRESS

FIFTY SHADES

Husband to pen sequel
The *Fifty Shades of Grey* sequel will be a family affair.

A spokeswoman for Universal Pictures confirmed Thursday that the husband of E. L. James, Niall Leonard, will write the script for the follow-up to the global hit.

Leonard is also a published author. He has written for several British TV shows, including *Air Force One Is Down* and *Wire in the Blood*.

Kelly Marcel penned the original adaptation but isn't returning. Also not returning is director Sam Taylor-Johnson, whose disputes with James were well-known.

The Hollywood Reporter first reported Leonard's involvement in the sequel. THE ASSOCIATED PRESS

568M

How much *Fifty Shades of Grey* has grossed at the box office worldwide.



Domhnall Gleeson, left, and Oscar Isaac in *Ex Machina*. CONTRIBUTED

Oscar Isaac is leery of robots

SCI-FI

Ex Machina star has a lot to say about technology

Ned
Ehrbar
Metro | Hollywood

ample of how in a very short amount of time, we've done a lot of damage, like what's happening with the sea level rising, climate change — which is all real and is all happening. It's like, if that happens with stuff that's not self-aware, what would happen with things that are self-aware? Now Kurzweil, as an optimist, he believes that they will definitely grow exponentially once you do reach the singularity. But he's optimistic that we will become more machine as well. That's the only way we'll compete — with nanotechnology, with exoskeletons, whatever it is, we will also be able to compete by becoming more machine ourselves. Which we already are, you know. I mean, we have any answer to any question right (on our iPhones), even though it's disposable knowledge.

There have been plenty of stories — movies, books, TV shows — about A.I. and the Singularity, and almost all of them end badly. Why do you think that is?

There's Kurzweil, who's a futurist who's a complete optimist. I actually read a book called *The Optimist's Guide to the Future*, as well. It was very funny. I think with history in general, the things we create we tend to lose control over. The Industrial Revolution is an ex-

ample of how in a very short amount of time, we've done a lot of damage, like what's happening with the sea level rising, climate change — which is all real and is all happening. It's like, if that happens with stuff that's not self-aware, what would happen with things that are self-aware? Now Kurzweil, as an optimist, he believes that they will definitely grow exponentially once you do reach the singularity. But he's optimistic that we will become more machine as well. That's the only way we'll compete — with nanotechnology, with exoskeletons, whatever it is, we will also be able to compete by becoming more machine ourselves. Which we already are, you know. I mean, we have any answer to any question right (on our iPhones), even though it's disposable knowledge.

With technological advancements, I feel like there's always a point where you personally become old, a line you can't cross conceptually, and for me it was the cloud. Do you have one?

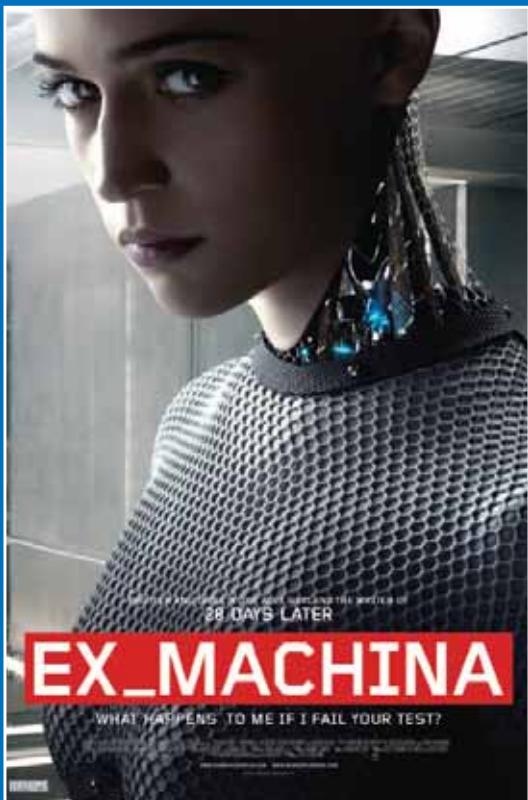
That's giving up total ownership, right? I'm leasing everything in my life. I feel similarly with the cloud thing. I'm not a big social media person, either. It's not that interesting to me. I mean, I get why it can be a tool for promotion and a tool for coming together in protest — I get those aspects of it. But for me, I'm just not very interested in it. In some ways, it underlies how I don't have a connection with some of these people. On one I have these random friends, and it's just another example of how no, they really aren't in my life.

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Not all poutine and maple syrup

DOCUMENTARY

Film offers no easy answers on Canadian identity

Steve Gow
Metro | Life

Calgary-raised TV writer Robert Cohen may have moved to Hollywood 27 years ago but he still gets asked about his homeland all the time. In fact, the insistent ignorance has inspired him to travel across the Great White North to define what makes a Canadian.

"People may agree or disagree with it," said Cohen of his new documentary, *Being Canadian*.

"But it was born out of my genuine frustrations with people outside of Canada not knowing or caring about us, so (my journey) was really the only logical way in and I would get other people's opinions."



I don't think there's any Americans feeling there's a lack of national identity around the world as to what America is.

Director and TV writer
Robert Cohen



Director Rob Cohen, left, and Will Arnett in *Being Canadian*. CONTRIBUTED

Along the way, Cohen corners both celebrities and average Canucks to classify the Canadiana that sets us apart.

What he finds is that even as drunk tourists in Vegas are unable to name our nation's capital, it's our own inability to define ourselves that makes us unique.

"I don't think there's any Americans feeling there's a lack of national identity around the world as to what America is," notes Cohen.

Available on-demand April

26, *Being Canadian* divides the film into sub-categories light on history but heavy on idiosyncrasy and perhaps most notably, our unique cuisine — or lack thereof.

"Most people think poutine and maple syrup (and) I grew up thinking it was Alberta beef," explained Cohen of Canada's recognized dishes — adding an assembly of noted chefs recently "all agreed there was no Canadian food — which is so perfect because it's the answer that's a non-answer but it's the

perfect answer."

Indeed, what makes Canucks distinctly Canadian is our ambiguity about our identity. However Cohen remained pretty decisive about at least filling the film with Canada's most famous folks — William Shatner, Rush, Dan Aykroyd and one funnyman in particular — Mike Myers.

"We've been friends for a long time," said Cohen.

"He's so hyper-Canadian and so well-spoken in great bits that he was very important."



DIRECTOR'S THOUGHTS

On sneaking Canadian iconography into sitcoms

"I sneak it in as much as I can," said Cohen, who's written for shows like *The Simpsons* and *Big Bang Theory*. "It's just that a lot of the times people go 'nobody will believe that' so you end up having to cut it out."

On the consensus on Canada around the globe

"Everybody loves Canada. Nobody had anything negative to say about Canada," said Cohen. "It is not a perfect place by any means but (with people's)

limited knowledge, they are delighted and charmed by it."

On having an epiphany at a parade

"The outward enthusiasm was so great that that was the part that blew my mind the most," said Cohen of attending a Canada Day parade. "I realized I didn't need to be out there as sort of Canada's schoolyard bully and that, like I say in the movie, we're so cool, we don't need to worry about it."


CABLE

Mad Men's French-Canadian connection

Mad Men is famously fastidious in its attention to detail, but for some Canadians there's been one glaring misstep over the years



Jessica Paré as Megan Draper in *Mad Men*. CONTRIBUTED

— the way it portrays Quebec character Megan Calvet Draper.

As the series comes to a close,

Montreal actress Jessica Paré says she's been vaguely aware of complaints that the Calverts don't seem typically Québécois.

Online nitpickers have suggested Megan's first and last name aren't very French-Canadian, and took issue with the French spoken by Brit actress Julia Ormond, who plays Megan's mother Marie, and Belgian-born actor Ronald Guttman, as Megan's father Emile.

"(Creator) Matt (Weiner) is making an American TV show and it goes really fast and we all do the best we can," Paré says in a recent phone interview from Palm Springs, Calif.

"I mean, as for my accent, I grew up there and I spoke both French and English."

Paré says she enjoyed getting to flip between English and

French for the show, noting "it's not something that you get to do very often" on a U.S. series.

Paré was coy in addressing whether we've seen the last of her big-haired bilingual character, but says she's immensely proud of the work she's been able to do on the AMC period drama.

Last we saw, Megan finalized a bitter divorce with Don and was about to begin a new chapter with a million-dollar settlement.

"Her time with Don has really taken a lot out of her, taken a lot of her joy, and a lot of her optimism," Paré says of Megan, who looked the other way as Don wandered.

"But I believe in Megan. She's an optimist, so she'll be fine. Especially with a million dollars." THE CANADIAN PRESS



CHILDREN'S TELEVISION

Lois Lilienstein of *Sharon, Lois & Bram* fame dies at 78

Decorated children's entertainer Lois Lilienstein — perhaps the sunniest member of the cheerful trio *Sharon, Lois and Bram* — died Wednesday after battling cancer. She was 78. Below, a look at two songs *Sharon, Lois & Bram* made their own:

I Am Slowly Going Crazy:

Parents of children who grew up in the 1980s can surely relate. The group debuted the addictive, potentially never-ending ear-worm on the beloved '80s children's TV series *Today's Special*, before performing it on their own show, with each member of the trio taking turns donning a floppy purple-and-pink elephant hat when the lyrical countdown finally hits the Switch!

Skinnamarink: *Sharon,*

Lois & Bram's signature song, a blissfully nonsensical old tune (it dates back to a 1910 Broadway production) that was also included on the trio's debut. A performance of the winsome, ukulele-and-tuba tune — with its attendant series of cheerful hand movements, of course — closed every episode of *The Elephant Show*.

THE CANADIAN PRESS



Sharon, Lois & Bram.

AARON HARRIS/THE CANADIAN PRESS

What brought Blake Lively back to acting

HOLLYWOOD

Script ended former Gossip Girl's acting hiatus

Ned Ehrbar
Metro | Hollywood

Age of Adaline director Lee Toland Krieger claims that Blake Lively came in insisting she was the best person for the title role, but Lively herself begs to differ.

"I didn't say I'm the best person for it, I just said that I really wanted it," she explains. "I could give you a whole list of people that would've been better for it. But I was the most aggressive, I'll tell you that much."

It makes sense that Lively would approach the role with such vigour, considering she had to be passionate enough about it to cancel her self-im-

posed hiatus from acting following the end of *Gossip Girl* in 2012.

"I was on a TV show for six years. We shot 10 months a year," Lively explains. "I was just exhausted, and I didn't feel good at it anymore. When you have to do something so much, it's just muscle memory, and I wanted to take a break. I started my company, Preserve, because I thought, what else do I love? What else do I feel good at? What else can I be creative at while taking a break from acting?"

But she didn't block out Hollywood completely, with scripts still coming in.

"I read *Adaline* and thought, I can't not do this movie. I still wanted to be on a break, but I just thought I have to, have to be in this film," Lively remembers.

"And then because it was such a special movie and such a special experience, I was reading other scripts and thought, how do I live up to that? And then I got pregnant, so I didn't have to."

It's very hard to meet someone who's been alive for 100 years, and it's even harder to meet someone who's immortal.

Blake Lively, on researching the role of unaging Adaline

It's good she got over those feelings of inadequacy, too, because the role of *Adaline* — a woman born in 1906 who stops aging at age 29 due to a freak accident and tries to go unnoticed for the next 80 years — proved to be full of very unique challenges for Lively as an actress.

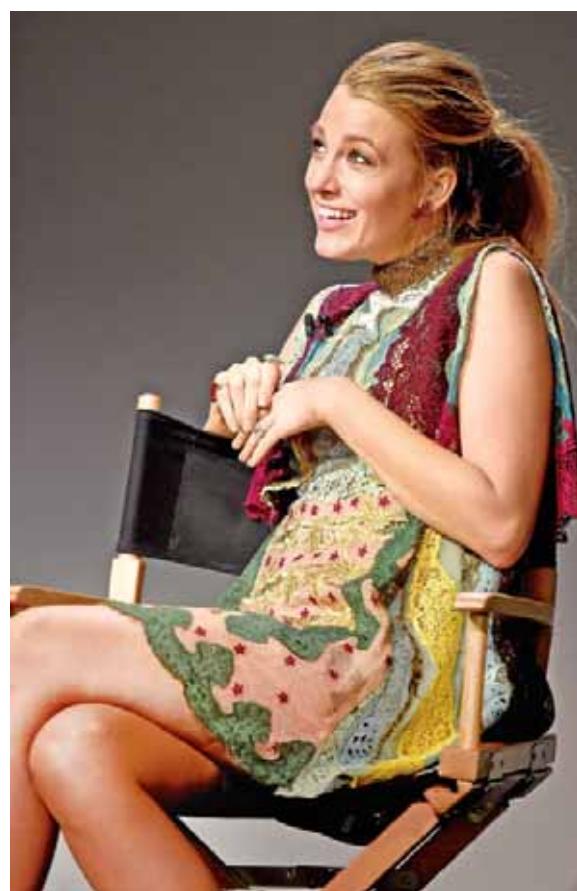
"I always look for the closest thing to a character that I'm playing, and I try to meet that person and talk to that person. It's very hard to meet

someone who's been alive for 100 years, and it's even harder to meet someone who's immortal," Lively admits.

"So I thought, OK, (at what age) is a woman most defined? When does she really

blossom into who she is? And it's when they come of age. So if she came of age in the 1920s, I need to capture a woman from

the 1920s who has that formality and who is stoic and very proper and very reserved and conservative, and then try to weave in some influence from the '60s. That's very, very different from where women came in the Edwardian era. She can't be alien, so she has to have this timelessness to her and she has to look like a mixture of all these decades, because she wouldn't just go shopping at Zara and speak like I speak."



As soon as she saw the script for *The Age of Adaline*, Blake Lively felt she had to be in it. JAMIE MCCARTHY/GETTY IMAGES



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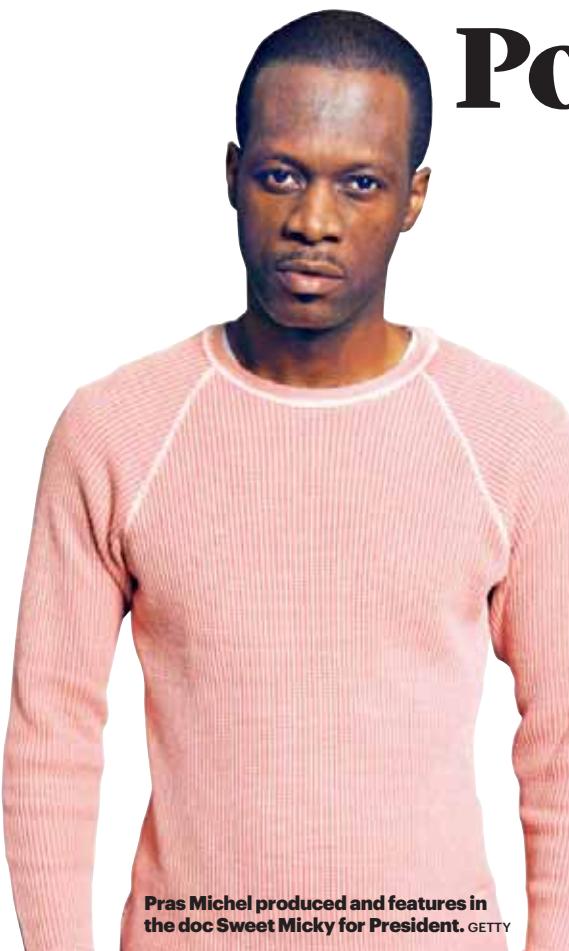
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Pras Michel produced and features in the doc Sweet Micky for President. GETTY

Pop goes the presidency

PRAS MICHEL

Fugees rapper is filmmaker and kingmaker in Haitian doc

Steve Gow
For Metro

In the wake of Haiti's devastating earthquake, former Fugees rapper Pras Michel witnessed his homeland embroiled in unrest from lack of leadership. With a looming election, the hip-hop star virtually decided who would rescue the country from chaos — an outrageous pop-star named Sweet Micky.

"Literally, it just came to me," said Michel of his epiphany to turn a shocking singer (better known for such burlesque antics as dropping his pants onstage) into Haiti's next president.

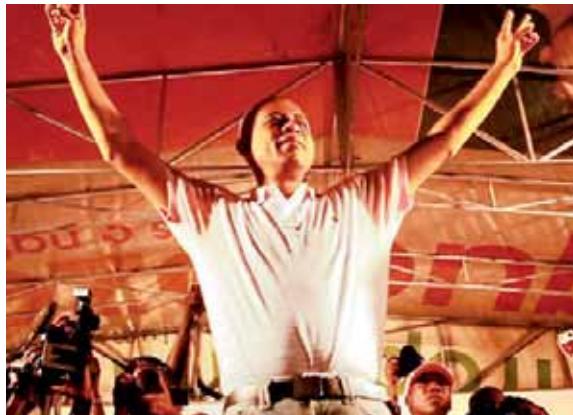
"What the country needed

at that particular point was something that was unorthodox to get the mood (and) energy back and distract from the pain and he just happened to be thrown to me in my universe."

Chronicled in the spirited documentary *Sweet Micky for President*, Michel became Micky's (his real name is Michel Martelly) right-hand man during an incredible political campaign challenged by corruption, inexperience and even Michel's own Fugees collaborator Wyclef Jean — who also briefly ran for the commander-in-chief position — essentially making a simple story stranger than fiction.

"That's how things were happening to us — to the point where if you really look at the movie, it feels like a narrative," admitted Michel, who never expected the experience to become a film. "How it was going down was how it was captured and then we went back and went 'Wow, this really feels like a movie.'"

Since his days as one-third of Grammy-winning group The Fugees, Michel has been



Michel Martelly, a.k.a. pop star Sweet Mickey, has been president of Haiti since his election in 2011. CONTRIBUTED

"loving the film aspect" of his career as much as making music. Having produced documentaries like 2007's *Skid Row* (where he masqueraded as a homeless person) and a long-awaited project about Somali pirates, these days he's certainly more filmmaker than Fugee.

"I'm catching the buzz and I've got a couple more nar-

rative projects that I'm developing," said Michel. "We want to make things that are avant garde (and) interesting but at the same time, get to the core of the issue."

Sweet Micky for President will have its Canadian debut next Wednesday at the Hot Docs Canadian International Documentary Festival in Toronto.

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IN BRIEF

Networks jump onto anthology trend

Lately, a few networks have scored big time with shows that swap out their setting and/or characters with each new season. While awaiting the next installments of *American Horror Story*, *True Detective* and *Fargo*, viewers can look forward to a few new anthology series in development.

First made popular in the 1950s/60s with series such as *Alfred Hitchcock Presents*, *The Twilight Zone* and *The Outer Limits*, the anthology series has been making a comeback since the premiere of *American Horror Story* in 2011.

A few networks are developing new anthology series for fall 2015. Fox has already ordered the first season of Ryan Murphy's *Scream Queens*, a new anthology horror comedy set to star the original "scream queen" herself, Jamie Lee Curtis. Similarly, FX picked up the producer's *American Crime Story*, which will explore a different true crime case each season. The first episodes will dramatize the highly publicized O.J. Simpson trial.

AFP

UPCOMING

Vegas expo reveals lineup of new films

A first look at footage from *The Revenant*, an upcoming film by Oscar-winning director Alejandro Inarritu, shows a scraggly DiCaprio in furs and skins in the snowy, bleak 1820s Canadian wilderness.

The movie due in January follows frontiersman Hugh Glass (DiCaprio) on his hunt for vengeance against comrades who wronged him.

The footage was shown Thursday at CinemaCon, a gathering of movie exhibitors in Las Vegas.

Twentieth Century Fox debuted first looks at a handful of its upcoming films, including David O. Russell's *Joy*, Ridley Scott's *The Martian*, and *The Peanuts Movie*.

The preview of *Joy*, which is still shooting, was merely a collection of clips showcasing the all-star cast of Jennifer Lawrence, Bradley Cooper and Robert DeNiro set to ominous church bells.

The four-generation family drama tells the story of Joy (Lawrence), who rises to become the head of a billion-dollar empire. It was difficult to glean a narrative from the dialogue-free clips, but the grainy esthetic recalled the look of the *Godfather* films.

In *The Martian*, an adaptation of Andy Weir's novel, Matt



Leonardo DiCaprio in The Revenant. CONTRIBUTED

Damon plays a man who is presumed dead and left behind by his mission mates on Mars. Viewers see Mark Watney (Damon) attempting to live and survive on the hostile planet while waiting for his crew (including Jessica Chastain, Kate Mara and Chiwetel Ejiofor) to receive his distress call and embark on a four-year journey to rescue him.

There have been previous teasers for *The Peanuts Movie*, but the theatre owners were treated to the first trailer for the upcoming film.

The classic structure of Charles Schulz's characters was preserved, even though the film will be presented in 3D when it's released Nov. 6.

THE ASSOCIATED PRESS

Booting up the reboot machine

SUMMER OF THE SEQUEL

Nostalgia meets new faces in upcoming blockbusters

"I'll be back," the line Arnold Schwarzenegger first uttered more than 30 years ago in that indelible manly monotone, belongs to the Terminator, of course. But it also might as well be the official slogan of the summer movie season.

It's the time of year when Hollywood's older, reliable brands, with the tenacity of Schwarzenegger's lethal cyborg, claw their way back onto the big screen in a popcorn parade of big-budget sequels, reboots and redos. That's nothing new, but the extent of the sequel spinning is.

The sequel expansion — as headlong as Tom Cruise in the Mission: Impossible movies — runs in all directions. It stretches into prequels, second-try reboots, spinoffs and franchises that are less linear, Roman-numeral progressions than — as in the brimming Marvel world — whole universes of overlapping characters, with fantasy realms to visit, and not just stories to follow.

To fuel the proliferation, Hollywood is dipping ever deeper into its vaults: 10 of this summer's most anticipated blockbusters have origins dating back more than three decades, including Fantastic Four, The Man From U.N.C.L.E., Mad Max: Fury Road and Terminator: Genisys, the fifth film in the series created by James Cameron in 1984. Schwarzenegger is back to say that he's back.

Nostalgia and familiarity mingle with updated special effects and new cast members in these films to render something that hopefully feels fresh to moviegoers. As the Fast and Furious series (more profitable in its seventh instalment than ever before) has proven this spring, the lifespan of the sequels no longer adheres to the old rules of inevitable decay — at least for now.

The ever-lengthening life of franchises can make for some



Nicholas Hoult as Nux in *Mad Max: Fury Road*. COURTESY WARNER BROS.

strange off-screen realities, and not just for 67-year-old Terminators. *Mad Max: Fury Road* (May 15) is returning decades later with its original creator, the Australian director George Miller.

"One of the most jolting experiences of my life was to go to SXSW and watch *Road Warrior: Mad Max 2* in a newly minted print for the first time in 32 years and then showing scenes from

Fury Road all these years later," says Miller. "It was a kind of a time travel. It was a strange but powerful experience."

There is blunt mathematics behind the proliferating franchises. The top six summer films at the box office in 2013 were sequels. Last summer, all of the top 10 movies were sequels, reboots or haled from well-known properties. THE ASSOCIATED PRESS

SEEKING A BOX-OFFICE REBOUND

Inside Out, Spy among big-name original fare

With so many name-brand films clustered together in the summer, box-office analysts like Paul Dergarabedian, senior media analyst for Rentrak, predicts this season will lead Hollywood to a record year. That would be welcome news for the industry, following a limp 2014 summer.

If summer 2015 is to reverse last summer's downturn, it will need a few of the

original films to pop, too. One thing 2015 has over 2014 is a Pixar movie. After a year off, Pixar will release *Inside Out*, about the voices inside the mind of a young girl, on June 19. The comedy options, too, may be better. *Spy* (June 5) stars Melissa McCarthy in a spoof thriller, and *Trainwreck* (July 17), from director Judd Apatow, stars Amy Schumer as a monogamy-averse career woman.

We all loved this idea of a road trip with these guys; we just couldn't fit it into the first movie.

Gregory Jacobs, director of *Magic Mike XXL*, out July 1

MARVEL UNIVERSE

Setting the stage for a Civil War

There's a conflict brewing in *Avengers: Age of Ultron*, and it doesn't involve megalomaniac robots. After reaching a peace with their structure and roles on the superhero fighting team, Tony Stark/Iron Man and Steve Rogers/Captain America have begun to clash ideologically.

The stoic Steve, still reeling from revelations of widespread corruption in *The Winter Soldier*, is starting to question the precepts he's followed blindly for so long. Tony, meanwhile, is drifting toward the desire for order and control.

"Morality hits Tony, humanity hits Tony. All of a sudden he feels responsible," said Chris Evans, who plays Rogers for the fourth time in the billion-dollar Marvel franchise.

"Neither one of them is blindly convicted. It's blurry and that's what makes it great. No one's right, no one's wrong," said Evans in a recent joint interview with Robert Downey Jr.,



Captain America (Chris Evans) and Thor (Chris Hemsworth) in Marvel's *Avengers: Age Of Ultron*. HANDOUT

back for a fifth turn as Stark.

"It's going to make it even harder for them to come to an agreement, which I'm really excited about," said Downey.

While the seeds of a fight are scattered throughout *Ultron*, the second gathering of the Avengers on the big screen out

May 1, it's also setting the stage for next year's *Captain America: Civil War*. Plot details are sparse, but any casual comic fan knows that Civil War is where the Avengers fracture, divided down lines set by Tony and Steve.

It's also the only upcoming Marvel film for which Downey and Evans have been confirmed. "It's like a marriage," said Evans. "We love each other but it's explosive. You're working toward the same goal, but you have very different approaches to it." THE ASSOCIATED PRESS

I'm really stoked to see when we have more stuff to actually do together besides like act like we're about to have a fight one day.

Robert Downey Jr.

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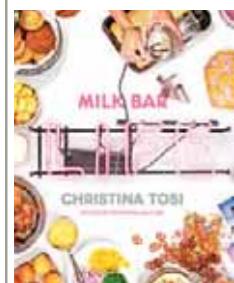
Milk Bar Life is for the busy and brave

Christina Tosi is just trying to show how mundane her day-to-day pantry staples really are. Thing is, she can work a sort of magic with mundane that most of us can't even dream of.

Tosi — who came to fame for her exotic sweets like crack pie and compost cookies at New York's Momofuku Milk Bar — tends to live the way she cooks and eats. Life and food are fun, and there is inspiration lurking everywhere, even in the half mouldy cheese in your refrigerator or the Ritz Crackers in the cupboard.

Which is why her new cookbook, Milk Bar Life, is aimed at helping people make an adventure of weeknight dinner, even after a long day of work. Think recipes for "desperation nachos" and "pickle juice-poached fish."

"I'm going to have to get a little ghetto out of this," Tosi — who is chef and co-owner of Milk Bar with David Chang — says of her weeknight refrigerator-raiding brainstorm-



Momofuku Milk Bar's Christina Tosi has a new cookbook out, Milk Bar Life, aimed at helping people make an adventure of weeknight dinner, even after a long day of work.

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ing sessions.

And Milk Bar Life is as much a cookbook as it is Tosi's coming out about her savoury side. The dessert chef whose cereal milk ice cream and cornflake marshmallow cookies have earned her a cult following wants people to know she's more than "just a chick that bakes." And so the book is jammed with the pot-luck-style, homey recipes she grew up eating. Plus, she's going to teach you something about savouring the little moments along the way.

"It's also really important to celebrate the everyday, the ordinary when all you have is some Tang, some margarine and a slice of bread." (Yes, Tang toast really is part of her world).

This isn't a cookbook that requires trips to three different specialty markets to complete your shopping list. This Midwestern gal, who was the James Beard rising star chef of the year in 2012, loves big box supermarkets and includes recipes that call for SpaghettiOs, boxed cake mix and Velveeta. Did you know you can make a cake with grape jelly, defrosted whipped topping and Ritz Crackers?

THE ASSOCIATED PRESS

Blogger's mistakes feed controversy

FOOD ADVOCATE

Critics cite early factual errors, lack of credentials

As truth wars go, Vani Hari of the Food Babe blog has produced a doozy.

The former management consultant turned healthy-living activist has a best-selling book and an army of supporters. And with the help of her fans, she's led numerous successful online petitions to persuade food industry giants to rid their products of ingredients she deems unacceptable.

What Hari doesn't have, critics argue, is a background in related sciences or nutrition. And since starting her Food Babe blog in 2011, she's made mistakes that have landed her in a feeding frenzy.

"I think she means well, but I wish she would pick more important issues and pay closer attention to the science," said Marion Nestle, a nutrition, food studies and public health professor at New York University.

Hari certainly isn't the first food activist without a science background. So why has she become the food revolution figure that so many love to hate?

"Because we're winning," Hari said in a recent interview, citing numerous commitments by companies to provide more "clean" and "simple" ingredients, often in response to her campaigns.

The answer from Dr. Steven Novella, a clinical neurologist and assistant professor at Yale University's school of medicine, is more complicated. The working skeptic — he has a podcast and blogs — is one of Hari's most vocal foes. "It's almost like she's a food terrorist," he said. "She will target some benign ingredient that has a scary sounding name. Her criteria is if she can't pronounce it, then it's scary."

You bet, said Hari, who thinks a host of chemicals and additives used in the U.S. have no business being consumed, and notes that many are not allowed or are strictly limited in Europe and elsewhere.

The heat for Hari, who grew up on processed food, is fairly recent as her presence has grown. She gets nearly 5 million blog readers a month. She also gets death threats. And she's banned so many people from her streams that they now have their own page on Facebook.

"I really do believe the attacks



The former management consultant turned healthy-living activist has a best-selling book and an army of supporters. She deploys them regularly to move giants in the food industry via online petitions. COURTESY VANI HARI VIA THE ASSOCIATED PRESS



Her criteria is if she can't pronounce it, then it's scary.

Clinical neurologist
Dr. Steven Novella

unrelated substance that comes from kelp. Neither were among ingredients in Budweiser and Miller Lite (which the companies posted in response to Hari), though both are allowed by U.S. regulators.

"What she does over and over again is target a chemical and try to provoke a disgust reflex by talking about what other purposes a chemical is used for or where

it's derived from," Novella said.

Why do companies cave? Subway, for instance, removed azodicarbonamide, a chemical in its bread also found in yoga mats. But it's also found in plenty of other bread products, and is well-studied and safe, says Novella. He theorizes it's just easier, to some companies, to make questioned ingredients disappear.

THE ASSOCIATED PRESS

+ BIZARRE CLAIMS

Among errors often cited by detractors are a couple that occurred in Hari's early days. She deleted the posts and later acknowledged the mistakes.

One, from August 2011, had her taking issue with the air on planes being mixed with up to 50 per cent nitrogen. She failed to consider that the atmosphere itself is 78 per cent nitrogen.

In that post, she referred to propylene glycol, also found in airplane deicing liquid. Other bloggers claimed she meant propylene glycol alginate, an

stroying nutrients in food and producing malformed water crystals. The second notion is based on a bizarre theory by a controversial Japanese researcher who maintains that water crystals turn ugly when exposed to foul language.

"These were before I decided to make this my career. It's like saying that the New York Times or whoever aren't allowed to make mistakes. Back then I was blogging as a hobby," said Hari.



From Dildo to Blow Me Down

1 Dildo

The name may originate with the earliest European explorers and mappers who used it for nearby Dildo Island at least as early as 1711. Perhaps they thought it resembled the shape of a less X-rated dildo, the name used for round pegs that lock oars in place on a dory. Other theories include the name comes from the Italian word "diletto," meaning delight, or from the name of a Spanish sailor who travelled the area.



Flickr: ADAM

2 Heart's Content

Heart's Content on the east coast of Trinity Bay is famous as the landing site in 1866 of the first telegraph cable linking North America and Europe. Its name can be traced to the writings of the earliest settlers, including English merchant John Guy, who led efforts to colonize Newfoundland and sailed into Trinity Bay in 1612. Guy had in 1610 helped found the first English community in present-day Canada at Cuper's Cove, now affectionately known as Cupids.



Flickr: DOUGLAS SPROTT

3 Happy Adventure

Founded in 1710, it bills itself as "Newfoundland's most peaceful community." Local folklore, however, suggests its pleasing name may have come from the vessel, The Happy Adventure, of pirate Peter Easton who plied the waters off Newfoundland in the 1600s. Another theory, according to the Newfoundland and Labrador Heritage website, is it derives from George Holbrook, a British surveyor and mapper who sought shelter from a storm in a nearby cove in 1817. Various sources say he called it a "Happy Adventure."



Flickr: CLIFFY03

4 Cupids

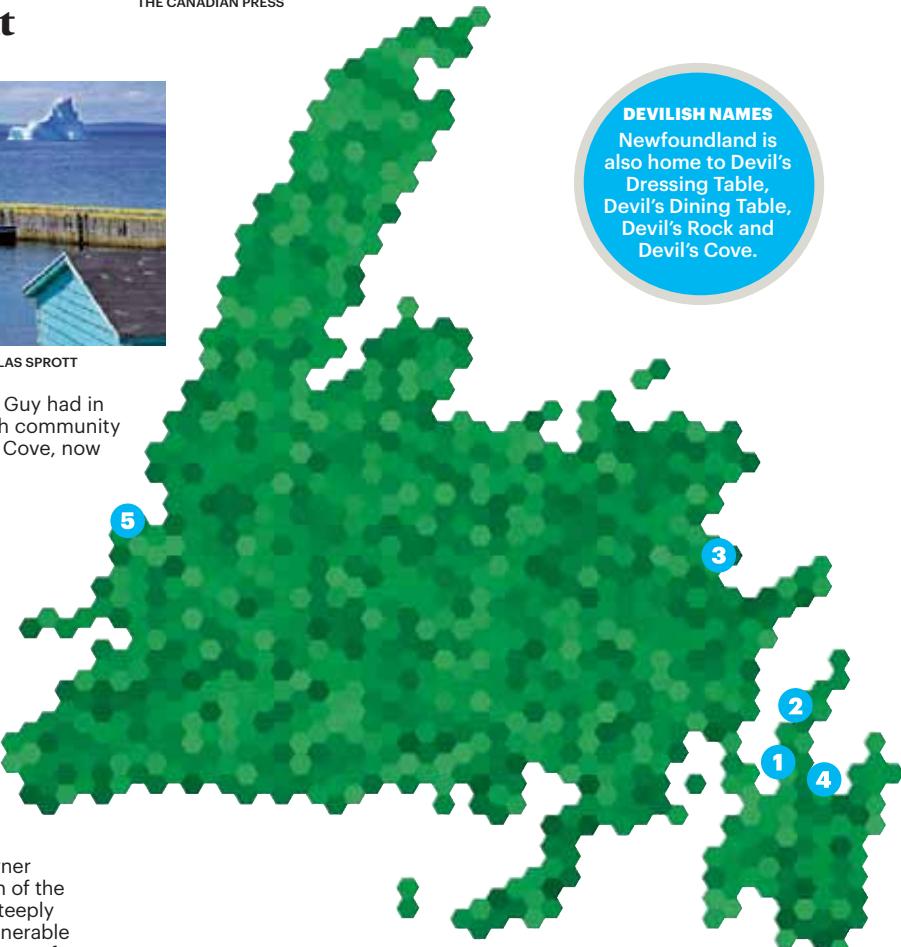
Cupids is located on Conception Bay, itself recorded by European explorers as early as 1527. According to the Canadian Encyclopedia online, its name honours the Feast of the Immaculate Conception.

5 Blow Me Down

A provincial park northwest of Corner Brook, Blow Me Down is a variation of the term Blomidon, where land rises steeply from the water, leaving vessels vulnerable to squalls, says the book Place Names of Atlantic Canada.

Newfoundland draws tourists from all over, not just for spectacular seaside vistas and colourful outports, but with place names that jump off the map.

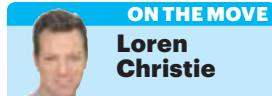
THE CANADIAN PRESS



DEVILISH NAMES
Newfoundland is also home to Devil's Dressing Table, Devil's Dining Table, Devil's Rock and Devil's Cove.

ECO-FRIENDLY

Canadian organizations keep tourism and hospitality green



ON THE MOVE
Loren Christie

In honour of the 45th anniversary of Earth Day, celebrated around the planet this past Wednesday, I salute some standouts in Canada's tourism and hospitality industry that are doing their best to keep our planet green.

As one of Parks Canada's national historic sites, it may seem obvious the Forks in Winnipeg should be dedicated

to preserving the planet. However, this collection of interpretive exhibits, walking trails and attractions at the junction of the Red and Assiniboine Rivers has taken its commitment to zero emissions, zero garbage and zero waste to a new level. Efforts include a geothermal heat pump system, composting, recycling and a target zero eco-kids tour.

Wasted vegetable oil is collected from deep fryers in the local restaurants and used to power the site truck, three Gator utility vehicles, a refrigerated container and a Zamboni used to create the world's longest naturally frozen skating trail on the Red River.

In Montreal, as part of Cirque du Soleil's world headquarters complex, La TOHU hosts cirque shows throughout the year, including the annual National Circus School show and the Montreal Cirque Fest in July. The complex was built on the site of North America's second largest waste dump and the venue is a stunning example of how to revitalize an area with eco-

friendly architecture, activities and initiatives. Enjoy a meal made with fresh vegetables from its garden at its on-site bistro.

British Columbia is well known for its standout col-



Efforts include a geothermal heat pump system ... and a target zero eco-kids tour

lection of eco-friendly lodges. The Purcell Mountain Lodge has led the way in a number of back-country innovations, generating electricity from a nearby mountain stream, custom designing a waste-water treatment plant, which produces water as its end product, and being fully committed to recycling and composting.

Other standouts in the province include the Clayoquot Wilderness Resort, the Nipika Mountain Resort and the Siwash Lake Ranch.

If you are looking to travel

outside of Canada, book a trip through Gadventures, a homegrown company that takes maintenance of our planet seriously. For example, on its Peruvian excursions, it uses biodegradable soap on the Inca Trail to Machu Picchu, supports an eco-friendly campsite on the Lares Trek, and houses its guests at the G Lodge in the Peruvian Amazon, which features solar heat, including hot water, rechargeable flashlights, and meals made with fresh local ingredients.

TRAVEL NOTES UNIQUE HOTELS, SKY-HIGH VIEWS AND TIME FOR THAILAND

DesignHotels.com maintains local flavour

If design is high on your checklist, this one's for you. DesignHotels.com curates more than 270 unique hotels in 50 countries, each one not only nicely designed but run by independent owners (such as Rome's recently opened G-Rough Hotel, pictured). You get local culture plus something a bit more down to earth price-wise than other boutique-oriented sites.



New Orlando Eye offers panoramic views

The new Orlando Eye opens May 4 in the city's new I-Drive 360 entertainment and dining complex. At 122 metres, it will be the tallest observation wheel on the east coast of Florida, with air-conditioned glass capsules that offer riders a 360-degree view of Central Florida. See all the way to Cape Canaveral on a clear day. From \$18. Visit OfficialOrlandoEye.com.



Bucket List: Chiang Mai, Thailand

The "shoulder seasons" (between peak and off-peak periods) in Thailand can yield beaches all to yourself, no lineups at temples and lower hotel prices. From touring the moated quarter, to sampling street food and day tripping to the mountains, this hub of ancient civilization has it all. Steer clear of elephant rides. Visit TourismThailand.org.

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Alex Colville, To Prince Edward Island (detail), 1965. National Gallery of Canada, Ottawa. Photo © NGC



The Ms. Cheeziou Food truck is well known in Wynwood, Miami, for its cheese sandwich. ISTOCK

Selfie sticks are allowed

FLORIDA

Wynwood in Miami buzzes with street art, local shopping

There are two must-have selfies for any visitor to show off from Miami: one on the sands of South Beach, and one against the bold murals of Wynwood.

The riot of colour sprayed across several blocks of warehouses and art galleries has become as synonymous with Miami as humidity and sunshine.

Walking through the neighbourhood is like walking through an open-air contemporary art museum, only one where artists are routinely found painting something fresh.

Here graffiti has evolved from unwelcome scribbles to large-scale murals that reference both classical art themes and pop culture.

Many of the artists are commissioned to produce the abstract patterns and whimsical figures that cover the concrete walls of bars, galleries, boutiques and even a neighbourhood school.

A good place to start exploring is Wynwood Walls, where two restaurants anchor a cluster of buildings that feature a rotating roster of prominent street artists.

Wynwood Mural Tours has produced a curated guide to the neighbourhood's art, a project produced with the local street artist Atomik, known for his ubiquitous large, grinning oranges.

The painting isn't limited to the walls. Some crosswalks have been painted with bright designs, and sidewalks frequently are sprayed with the stencilled poetry of Instagram star R. M. Drake (also known as Miami-based writer Robert Macias).

Cafés and boutiques

As Wynwood has grown into a premier arts district, it's also developed as a local hub where residents stop for artisanal breads and coffee, and host pop-up shops during the city's many arts and literary festivals.

The new Wynwood Block collection of cafés and boutiques highlight work by some of Miami's independent artisans, including letterpress stationery and fashion accessories.

THE ASSOCIATED PRESS

SPOTLIGHT OTTAWA

Summer shakeup

Major events coming

Ottawa enjoys a reputation for outstanding festivals and arts events. Whatever your fancy — music, dance, theatre, food, fine arts — there's a festival or event for you. This spring and summer offers plenty of opportunities to try something new.

Major multi-day arts events are plentiful this season, with big crowds expected at the Ottawa Jazz Festival (June 19 to July 1) with legendary headliners like Branford Marsalis and Stanley Clarke. Bluesfest runs July 8-19 and welcomes hip-hop superstar Kanye West and Canadian classics The Tragically Hip. New to the scene is Amnesia Rockfest in Montebello (June 18-21), drawing rock acts like System Of A Down and Linkin Park. A great way to



SHUTTERSTOCK

discover new music is to see the lesser-known artists on the side stages.

The city's smaller festivals are a chance to catch up-and-coming acts or arts outside the mainstream. Fringe Fest (June 18-28) is a celebration of homegrown theatre by artists from across Canada and around the world. Performances range from irreverent to absurd to raunchy, and all ticket proceeds go to the artists. Fans of electronic music have the Escap-

ade Festival (June 27-28), while punk fans gear up for Ottawa Explosion (June 17-21). Ontario Scene (April 29 to May 10) features music, theatre, dance visual arts and more. Magnetic North (June 4-13) celebrates innovative theatre from across the country with many pay-what-you-can and free performances.

For family-friendly fare, Nocturne VII (July 1-8) is a free, community-based art festival dedicated to the night sky, hosted by Cube

Gallery. Gaze through telescopes with the help of amateur astronomers, listen to experts describe the wonders of the universe and marvel at artists' takes on the cosmos — all perfect activities for a summer evening. Other events with a family focus include the Ottawa International Children's Festival (May 4-13), the Canadian Tulip Festival (May 8-18) and the Summer Solstice Aboriginal Arts Festival (June 19-21) in Vincent Massey Park.



CONTRIBUTED

The Alan Turing Story to be played at Ottawa Little Theatre

Anyone familiar with 20th century history will know the name of Alan Turing, the code-breaking hero of the Second World War.

Many people saw The Imitation Game, the Hollywood movie based on his life, but were disappointed to learn that much of the story was fabricated to make it more entertaining.

Do you want to know what really happened? If so, get out to see Breaking the Code: The Alan Turing Story, playing from May 5 to 23 at the Ottawa Little Theatre. The play follows the facts as laid out in Andrew Hodges' book Alan Turing: The Enigma, widely recognized as the authoritative account of Turing's life. Through flashbacks, the five-member cast weaves the story of

Turing's character, his genius, and the problems that haunted him throughout his turbulent career.

The stark, abstract stage design focuses attention on what's going on inside Turing's mind as he revisits his memories.

Despite his massive contribution to the war effort and to the development of early computers, he was tried and convicted of gross indecency for his homosexuality, which was still considered criminal behaviour in post-war England.

Code-breaking specialist Richard Brisson will be on hand for a Q and A following performances on May 12, 13, 14, and 19. Brisson will host a discussion on code-breaking and provide a fascinating look at Turing's Enigma machines.

 Ottawa Little Theatre
Presents

The Alan Turing Story

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By Hugh Whitemore

May 5 - 23

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Jordan Tannahill CONTRIBUTED



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Breakthrough production a must-see

Ontario Scene, running April 29 to May 10, paints a kaleidoscopic portrait of the contemporary Ontario arts scene at venues across Ottawa. Musicians, actors, dancers, visual and media artists, filmmakers, writers and even master chefs are set to dazzle with new and exciting perspectives on the Ontario art scene. It's an opportunity to celebrate established and emerging artists from across the province.

From May 7 to 9, audiences have the chance to see the breakthrough production of 2014 Governor General's Award-winning playwright and Ottawa native Jordan Tannahill.

Heralded as one of Canada's top 10 theatre productions in 2013, Post Eden is a boundary-shattering multimedia play about an ordinary day in the life of a fractured family. Described as a "story about a search for redemption and meaning in our everyday lives," the play combines live action with film, blurring the lines between documentary and fantasy in disarming ways. Projected on a screen running the full width of the stage, the film is much more than a prop; it forms an integral part of the performance. At times, it shows a wordless version of a scene, with the actors in front providing the dialogue, while at other times it provides a glimpse into the interior life of a character, or simply projects complementary images.

Inspired by interviews conducted with real residents of Neighbourly Lane in Richmond Hill, this surrealist story begins with the teenage Ashley coming upon her friend, who has apparently been bitten by a coyote. Later, the spirit of Ashley's dog, Eden, speaks to the family from beyond the grave. The story is set against Ashley's divorced parents' tragicomic effort to reconcile.

Post Eden is just one of 90 events taking place during Ontario Scene. Learn more about the extraordinary artists and art, and get a five-for-\$99 festival pass at ontarioscene.ca.

ONTARIO SCENE HIGHLIGHTS

Dance

Intermezzo
Art of Time Ensemble with
Peggy Baker, James Kudelka and Evelyn Hart
April 29 at 7:30 p.m.
NAC Theatre

Music

SHAD
With Zoo Legacy, Story
Tellers, Jesse Dangerously
May 2 at 8:00 p.m.
Bronson Centre

Theatre

Sea Sick
With Alanna Mitchell
May 2 and 4 at 8:00 p.m.
May 3 at 2:00 p.m.
The Gladstone

Women's Blues Revue
Divine Brown, Kellylee
Evans, Rita Chiarelli, Samantha
Martin, Roxanne Potvin,
Diana Braithwaite
May 8 at 7:30 p.m.
NAC Theatre

NATURE UNDRESSED

ANIMAL INSIDES ON DISPLAY AT MUSEUM OF NATURE

What promises to be this summer's hottest museum exhibit opens May 1 at the Canadian Museum of Nature.



CONTRIBUTED

Body Worlds: Animal Inside Out is a collection of animals preserved through a process called plastination. Water in the animals' skin and muscle tissue is extracted and replaced with plastics, such as silicone rubber.

The result is a stunning view deep inside an animal's body. Study how

The science of plastination

Dr. Gunther von Hagens, a German scientist and anatomist, invented plastination in 1977 and originally used it to preserve small animals for scientific and medical education. Over the next 20 years, the equipment evolved to preserve larger specimens — including humans.

To resolve the ethical challenges associated with permanently preserving human bodies and charging people to see them, von Hagens developed a unique donation program based on informed legal consent. Donations are responsible for every body von Hagens has displayed, and more than 15,000 people have agreed to donate their bodies after death.

In 1995, von Hagens staged the world's first exhibition of plastinated human bodies

— partially dissected and in active poses — in Japan. Since then, Body Worlds has toured more than 50 cities worldwide.

"Plastination takes a very long time," says Dr. Hagens, "a whole human body can take up to 1,500 working hours to prepare. Larger animals like elephants, giraffes and horses can take three years or more."

Plastination is a five-step process: First the specimen is embalmed and dissected. To kill all bacteria and halt decay, formalin is pumped through the arteries. Dissection tools are used to remove the skin, along with fatty and connective tissues. Next, the body is placed in a solvent bath to dissolve water and soluble fats. A reactive polymer replaces the solvent through a process known as forced impregnation. The specimen is next immersed in a polymer solution and placed in a vacuum chamber to help the polymer penetrate every cell. The body is then positioned as desired using wires, needles, clamps and foam blocks.

Lastly, the specimen is hardened with gas, light or heat.

HANDS-ON ACTIVITIES

To complement Animal Inside Out, the Canadian Museum of Nature will have special hands-on activities for families in the science lounge. The activities are designed to exercise observation and comparison skills and inspire curiosity and a sense of play. These include a challenge to identify

animals by their teeth and observing the amazing internal structures of a horse in motion. Visitors can compare the structure of a human and caribou skeleton and marvel at complex anatomical structures through microscope scans on a multi-touch LCD table. The Lounge also includes transparent live glass catfish and other specimens.

muscle, bone and ligament interact when a horse rears, for instance, or what lies under the feathers and skin of an ostrich.

With plastination, visitors gain a new understanding of the various body parts — blood vessels, muscles, bones, organs and nerves — of some of the world's most spectacular creatures.

They will also get a sense of how these parts work together through systems (e.g. nervous, muscular, circulatory, respiratory, digestive and repro-

ductive) to let the animals move, grow, reproduce, and interact with the world around them.

The exhibit will feature more than 100 specimens of plastinated animals — mammals, birds and invertebrates. Some of the full-body highlights include a giraffe, ostrich, bull, camel, sheep, horse, giant squid and octopus.

No animal was harmed or killed for the exhibition; instead, Body Worlds: Animal Inside Out is made possible through a partnership with university veterinary programs, zoos and animal groups. There is also a human specimen in the exhibit:

A person who donated their body to the Institute for Plastination. Admission is \$23 for adults and includes access to the rest of the museum. On Thursdays after 5:00 p.m. it costs \$10 to tour the exhibit, but access to the museum is free. Members enjoy free access all of the time to all exhibits, including Inside Out.



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TIME IN
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BODY WORLDS

ANIMAL INSIDE OUT

MAY 1 - SEPT 20 2015

FROM OSTRICH TO GIRAFFE TO CAMEL — you'll discover the secrets to beauty to movement and power.

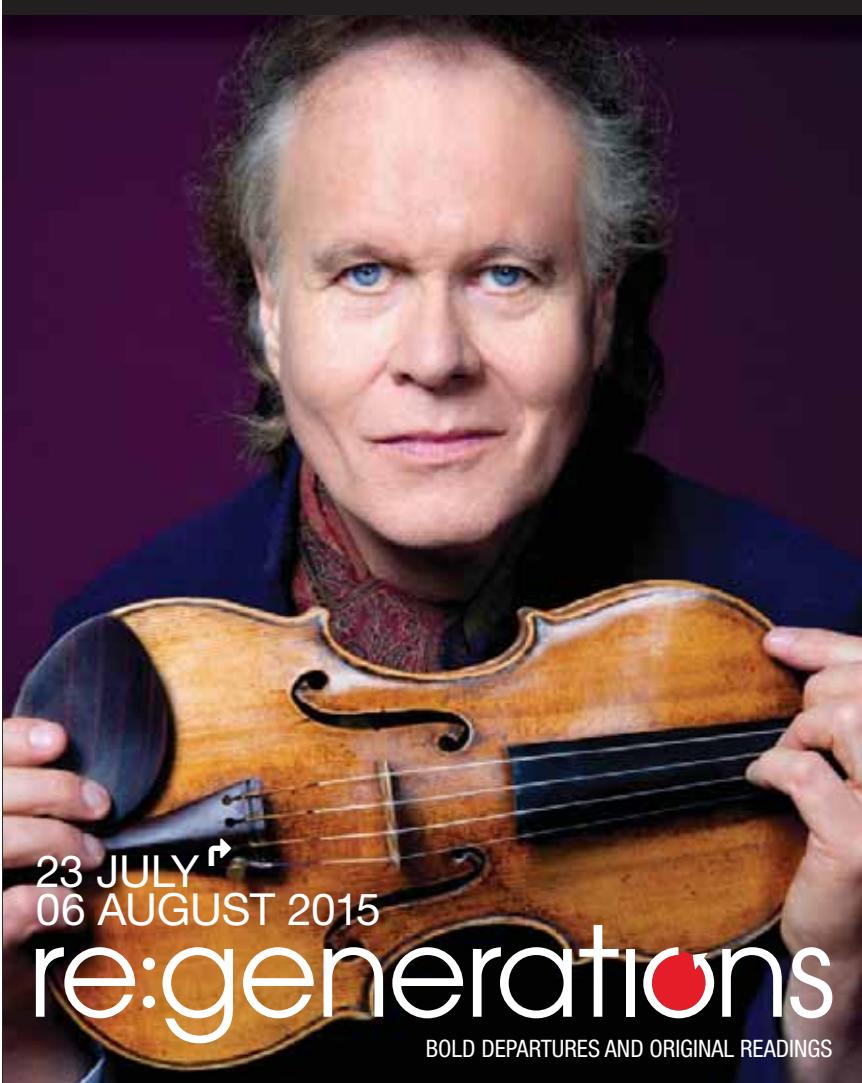
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Chamberfest gets a fresh, new look

There are about 100 public events this summer

Coming to Twitter this summer: Chamberfest.

Ottawa's long-time classical music celebration will have a fresh, new look with staged theatrical productions and multimedia events, says spokesperson James Whittall.

Running July 23 to Aug. 6, Chamberfest is the largest chamber music festival in the world. This year it will feature about 450 performing artists in about 100 public events.

While the lineup includes a large selection of classic ensemble and solo performances, it also debuts some new events beginning this season.

Illusions at De La Salle high school is a multimedia performance that combines 20th-century burlesque with American carnival. Also at De La Salle, Kid Koala's Nufonia Must Fall Live! is based on DJ Kid Koala's graphic novel of the same name. It uses puppets, live video, a master DJ and a string quartet to tell the story of a robot who has fallen in love with a human.

#UncleJohn at the Tabaret Hall at University of Ottawa is a modernized version of Mozart's Don Giovanni, complete with selfies and Twitter. The performance will be set up like a real wedding, with the audience as the ceremony's guests.

Another performance taking audiences on an immersive journey is Spell to Bring Lost Creatures Home at the National Gallery of Canada. Part ritual, part myth, it uses sound, lyrics, images and light to tell its mysterious stories.

After hours, the ChamberFringe series at Saint Brigid's Centre for the Arts will feature late-night jazz, improv, folk, rock, and live DJ events.

Though some people think chamber music never changes, says Whittall, "this year's festival will show that it's a 'living art' and changes with the times."

For information, visit chamberfest.com.



CONTRIBUTED

WEDDING BEDLAM

"I am really pumped to be in this amazing production," says Sharleen Joynt, Ottawa soprano and former Bachelor contestant who plays Darlena in #UncleJohn.

"Uncle John is basically a womanizer and he sets his sights on Darlena on her wedding day – and hilarity ensues!"

Based in New York, Joynt is excited about the hometown production, which has been radically reimagined by Toronto's Against the Grain Theatre.

"It's unique – you've never seen anything like it. It's accessible – you don't have to know opera to understand and enjoy it. And, the music is mind-numbingly beautiful."

Joynt says opera buffs in particular will want to see this updated spin. "Or, you can never have gone to the opera before and enjoy it just as much."

metro SPORTS

MLB will allow Pete Rose to take part in all-star game festivities in Cincinnati

WEEKEND, April 24-26, 2015



Anderson back in spotlight

NHL PLAYOFFS

Sens goalie solid in last two games after rough months

Forced to take a back seat during the Ottawa Senators' remarkable run to the playoffs, goaltender Craig Anderson is happy to be back in a starring role.

The veteran netminder posted his third career playoff shutout Wednesday night as Ottawa defeated Montreal 1-0 and forced a fifth game in their first-round playoff series with the Canadiens.

Anderson was sidelined due to a deep bone bruise suffered Jan. 21 and was then relegated to the backup role as Andrew Hammond took the Senators on a 20-1-2 run to make the post-season.

Anderson was then forced to watch coach Dave Cameron go with his hot goaltender and start Hammond for the first two games of the series in Montreal. But Anderson was thrown in for Game 3 as Cameron looked to change things up after a pair of losses.

It wasn't the most popular decision, considering Anderson had played only four games since January and had posted a 1-2-1 record. The Senators lost Game 3, but Anderson was solid and no one is criticizing his performance in Game 4.

"I thought I was fighting it a little bit in the first period of Game 3 and fortunately it didn't hurt us at all and they didn't



Sens goaltender Craig Anderson takes a puck off the mask in Wednesday's win over the Canadiens. ADRIAN WYLD/THE CANADIAN PRESS

I think what's most remarkable about it is that he had all that time off and still manages to come back in and plays the way he has been playing. Marc Methot

score on any of those mishaps that I had," Anderson said. "As the game wore on I felt more comfortable. There's a lot of positives to pull out even though we lost that game. I think we used some of that good feeling for Game 4."

Anderson said losing his job to Hammond wasn't the easiest time of his career, but with the way Hammond was playing he couldn't argue with the decision.

"If I go out there and pout and complain, that doesn't do

myself any good or the team," Anderson said. "This is a team game, you need everyone on the same page, everyone playing well. It doesn't matter if you're playing every game or every other game or once a week or

once a month, you're still part of the team and you have to find a way to push yourself to be ready when called upon."

The 33-year-old Anderson said he's energized by the playoffs and feels "25 years old again."

His success comes as no surprise to his teammates.

"I think he was hungry, I mean he was starving to get a chance again," said forward Clarke MacArthur. "In the past he's had good playoff runs and good numbers so I'm not surprised. He played great for us all year and for him to come in and do what he's done is what you expect of him and the only chance you have to compete really."

THE CANADIAN PRESS

23

The Habs ranked 23rd in the 30-team league during the regular season with a 16.5 per cent scoring rate on the power play.

Yet they can close out the best-of-seven series with a win Friday night at the Bell Centre.

"We're not concerned; you have to take it for what it is," said winger Brendan Gallagher. "You look at the whole."

"We're up 3-1 in the series. It's a very important game obviously. If we allow them to win this game, then they have momentum going home. We just have to match their desperation level and the power play is a part of it."

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IN BRIEF**Convicted killer Hernandez moved to max security**

Former New England Patriots tight end Aaron Hernandez has been moved to a new prison a week after he was convicted of first-degree murder and sentenced to life behind bars. A state prisons official says Hernandez was moved Wednesday to the maximum-security Souza-Baranowski Correctional Center in Shirley.

Hernandez had been at Cedar Junction prison in Walpole since he was convicted April 15 of killing 27-year-old Odin Lloyd in 2013. Lloyd was dating the sister of Hernandez's fiancée. Souza-Baranowski is the state Department of Correction's newest prison. THE ASSOCIATED PRESS

Late NFLer's family to appeal concussion award

The family of the late NFL safety Dave Duerson plans to appeal terms of this week's class-action concussion settlement.

Family lawyer Thomas Demetrio objects to the exclusion of future awards for CTE, the brain trauma that some call "the signature disease of football."

Lawyers involved in the settlement say an appeal could hold up payments to thousands of players. Some are suffering from Alzheimer's or Parkinson's disease and stand to get \$1 million or more. The average award would be about \$190,000 for late-in-life dementia. A Philadelphia judge approved the settlement Wednesday.

THE ASSOCIATED PRESS

Steroids have powerful pull

BASEBALL

Many find lure of performance enhancement tough to resist

Barry Bonds and Roger Clemens have moved on, their names cleared. However, the cloud of steroids remains over baseball and all sports.

Dugouts no longer are filled with bulked-up players with swollen skulls and Popeye-like arms. Bodies deflated after testing for performance-enhancing drugs started in 2003 — and not coincidentally, offence has receded, too, transforming the game back to 1960s-style pitching and defence.

If the early 1960s were defined by the M&M Boys — Mickey Mantle and Rogers Maris — the 1990s and 2000s have been marked by the B&B Boys: BALCO and Biogenesis. "I think performance-enhancing drugs, not only for baseball but all athletics, is not an issue that you can check off as solved,"

I don't think there's any penalty, no matter how severe— lifetime ban, whatever — that is going to eliminate the temptation

Baseball Commissioner
Rob Manfred



Alex Rodriguez has hit four home runs with 11 RBIs, and his .265 batting average is coupled with an AL-leading 13 walks after a season-long drug suspension. ROB CARR/GETTY IMAGES

new baseball Commissioner Rob Manfred said Thursday. "The temptation to use drugs is large, and I don't think it's realistic to expect in any sport that you're to get to a situation where you never, ever have another violation."

Five big leaguers have been suspended for positive tests in the past month, evidence some athletes always will seek an edge and some chemists will be nearby to enable them. Since 2005, there have been 68 announced suspensions under the major league drug program and 760 as part of the minor league plan, including performance-enhancing drugs and amphetamines.

"You can't pick up the paper without baseball suspending two or three minor leaguers," former baseball Commissioner Fay Vincent said. "The NFL has

got some problems. You know what's going on in cycling, what happened in the Olympics. The overall issue of performance-enhancing drugs is a serious one for all of sports."

The decision by the 9th U.S. Circuit Court of Appeals on Wednesday to overturn Bonds' obstruction of justice conviction by a 10-1 vote likely ends the Bay Area Laboratory Co-operative case, which began in 2002. Olympic track gold medallist Marion Jones, elite sprint cyclist Tammy Thomas, former NFL defensive lineman Dana Stubblefield were convicted along with coaches, distributors, a trainer, a chemist and a lawyer.

Bonds will escape conviction, barring a successful appeal by prosecutors. Clemens was acquitted of all charges in 2012 after prosecutors accused him

of lying to Congress. For some, they are among the tainted. For others, their lengthy accomplishments take precedence.

As part of the fallout from BALCO, Commissioner Bud Selig commissioned a report from former Senate Majority Leader George Mitchell, and Congress pressured Major League Baseball to toughen drug testing, which began in 2003.

Mark McGwire, whose home-run chase in 1998 captivated the nation, admitted he used performance-enhancing drugs. So did former MVPs Jason Giambi, Ken Caminiti, Alex Rodriguez and Ryan Braun, along with Jose Canseco and Andy Pettitte. Manny Ramirez was suspended twice following positive tests and Rafael Palmeiro once.

Six of the top 14 on the career home run list have either

admitted using steroids, been suspected or been suspended.

Biogenesis, a Florida clinic whose activities became known in 2013, is some ways was the son of BALCO: 14 players were suspended stemming from MLB's investigation, including A-Rod and Braun. Still, Travis Tygart, chief executive officer of the U.S. Anti-Doping Agency, said baseball has moved in the right direction.

"The truth of what was going on in baseball has been long exposed, and baseball today is a much different culture and game than it was when Bonds played," Tygart said. "Baseball today and clean athletes today have to be thankful for the sad legacy that Bonds and his era of players left, but it's provided a level playing field."

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RECIPE Scallops with Edamame and Soba Noodles



EAT LIGHT AT HOME

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Ready in

Prep time: 5 minutes
Cook time: 5 minutes

Ingredients

- 4 oz soba noodles
- 1 cup shelled edamame
- 1 Tbsp sesame seeds
- 8 large scallops
- 2 Tbsp light soy sauce
- 1 Tbsp lemon juice
- 1 Tbsp sweet chili sauce
- 1 Tbsp sesame oil
- ¼ cup chopped cilantro
- Sliced green onions for garnish

Directions

1. Cook noodles in boiling water, just until tender, about 3 min-

utes. Add edamame during the last minute of cooking. Drain and place on serving plate.

2. Meanwhile, sprinkle scallops with sesame seeds. In a hot grill pan sear on both sides, until just cooked about 2 minutes per side.

3. Add soy sauce, lemon juice, sweet chili sauce, sesame oil and cilantro to noodles and mix well. Garnish with scallops and green onions.

Nutrition per serving

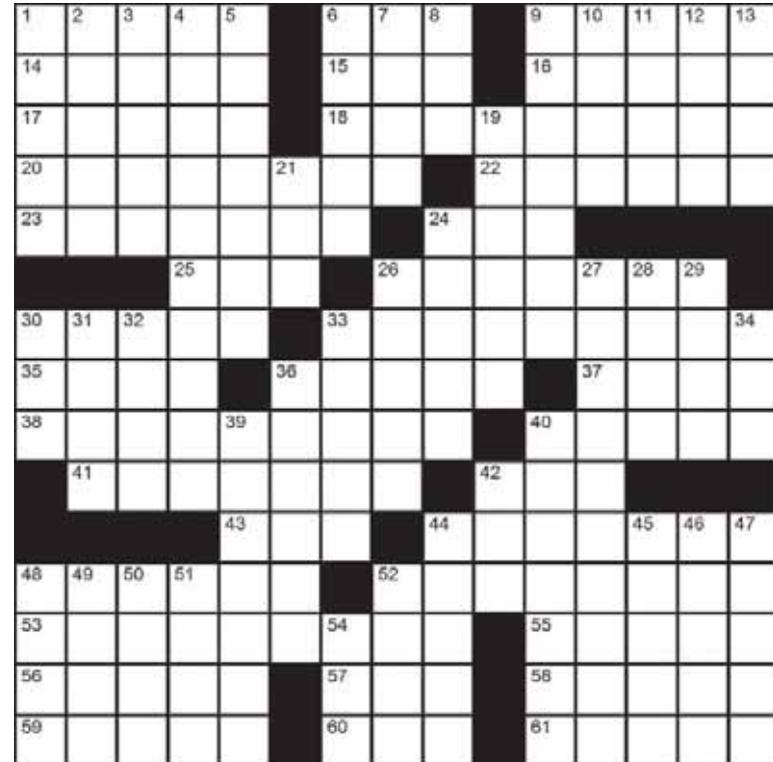
- Calories 368
 - Protein 36.7 g
 - Carbohydrates 30.1 g
 - Fibre 0.9 g
 - Total fat 11.1 g
 - Saturated fat 2.0 g
 - Cholesterol 41.7 mg
 - Sodium 468 mg
- PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Corey Hart's singer wife Julie
6. Skull part
9. Wall's time-teller, Kardashians spelling-style
14. Port city of Japan
15. Past
16. "Raining Gold" singer Ms. Osbourne (Daughter of Sharon and Ozzy)
17. ___ Dis-turb' sign
18. Magazines carrier
20. Laid to rest
22. Beatles' "___ a Place"
23. Search: 2 wds.
24. Vigour
25. Casket alternative
26. Jude ___, Canadian yogurt pioneer
30. Cartoon style
33. Montreal's huge cross sits atop it: 2 mots
35. Actor, ___ - Cobb
36. Defrosts
37. Nullify
38. Medea is a tragedy by which ancient Greek playwright?
40. ___ forth
41. Archenemy
42. Include
43. Grassland
44. "And through a ___ on a breaking wall..." - Seal, "Crazy"
48. Cream-filled pastry
52. Sword fight
53. Load of washing stage: 2 wds.
55. Ancient column style
56. Coffee brand
57. Fix
58. New: Spanish
59. "Caribbean Queen" singer Billy
60. Soup cube brand
61. Old Ford car



60. participant
61. Souper cube brand
62. credited with discovering gold resulting in the Klondike Gold Rush of the Yukon: 2 wds.
63. Hershey Canada's hyphenated-name treat
64. Ms. Jackson
65. Ripened
66. "Spectacular!"
67. Led Zeppelin song sharing the name of a disputed region of Asia
68. Low-cal
69. Mr. Sharif
70. Geological epoch suffix
71. Shoes brand
72. Drywall ___ (Aids for ceiling painters)

73. Roll
74. Air ducts
75. Some bananas
76. Online music/audio sharing platform
77. 007 character Vesper
78. George of "CSI: Crime Scene Investigation"
79. Ginger drink
80. Nine: German
81. 'Prem' suffix (Film's big debut)
82. Howard Stern, 'King of All ___'
83. Brit's bathroom
84. Kevin Pollak's new documentary, "___ Loves Comedy" (2015)
85. Saskatchewan village, ___ Narrows
86. "The Age of ___" (2015) starring Blake Lively
87. ___ you sure?"
88. Fire: Spanish
89. Fork's "fingers"
90. ___ always said..."
91. Mil. rank: 2 wds.
92. Gas station
93. Canadian politics channel
94. Wrinkle
95. Singer/songwriter Paul
96. Nero's 559
97. Zagreb's land to the IOC

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		5	4		
		3		7	
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2			8		5
7		6	9	2	
3			4		1
		3		4	9
		5	6		
		9	7		

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20

No, you are not the most subtle member of the zodiac, but why should you be? Your in-your-face attitude will work in your favor today, especially in your career where you need to be more assertive — yes, even more so than usual!

Taurus April 21 - May 21

If you are happy with your life as it is then don't change a thing, no matter how hard others try to persuade you to set new goals. You are at your best when you know where you stand.

Gemini May 22 - June 21

It might be a smart idea to adopt a low profile today. The planets warn there are some angry people out there in the big, bad world, so keep your head down.

Cancer June 22 - July 23

You will find yourself up against a stubborn opponent today. Fortunately, the world is a big enough place for both of you — so long as you are on different continents!

Leo July 24 - Aug. 23

Something will happen today that catches you off guard and you will wonder how you could have missed signs that, with hindsight, were so glaringly obvious.

Virgo Aug. 24 - Sept. 23

It may be easy to change things but before you start moving this here and that there, ask yourself if it is necessary. Chances are you will be changing not because you want to but because you think it is expected of you. It isn't, so don't.

Libra Sept. 24 - Oct. 23

There are ways to get what you want without turning people against you, so watch what you say and do and, especially, try to avoid treading on the toes of those who can tread back just as hard.

Scorpio Oct. 24 - Nov. 22

You may have failed at something but it's no big deal — at least you made an effort and had a go, which is more than a lot of people manage to do.

Sagittarius Nov. 23 - Dec. 21

Whatever barrier may be in front of you it won't be long before you find a way to break through. Strive to be strong, mentally and emotionally, and before you know it what you thought was an immovable obstacle will begin to shift.

Capricorn Dec. 22 - Jan. 20

Have confidence in yourself by all means but don't think that merely by turning up everyone else will back down and make it easy for you to win. They won't.

Aquarius Jan. 21 - Feb. 19

You won't be content to sit back and watch the world go by today — you will be out there doing things that get you noticed. However, make sure you get noticed for the right reasons.

Pisces

Feb. 20 - March 20
You have been far too nice of late, so now you need to even things up and make sure you get what you desire, regardless of whether others think you should have it.



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